

Dance off to a retro-inspired workout in London

Grab your fluorescent sweatbands and get down to a soundtrack packed with '80s and '90s jams

Pop by a fitness studio or barre class in East London and chances are, you might think you've stumbled onto the set of iconic '80s flick *Flashdance*.

Teaming up with select studios in the area is Glow, a fitness and dance events business that offers aerobics, beach barre and dance conditioning workouts set to retro tunes from the '80s and '90s.

Co-founders Frankie "Friday" Taylor (who is "driven by a love of leg warmers") and former DJ and comedian Jimmy Bowes put together routines full of voguing, the Cabbage Patch (putting both hands together in

fists and moving them in a horizontal, circular motion) and the Grapevine (a routine inspired by ballroom, club and folk dances).

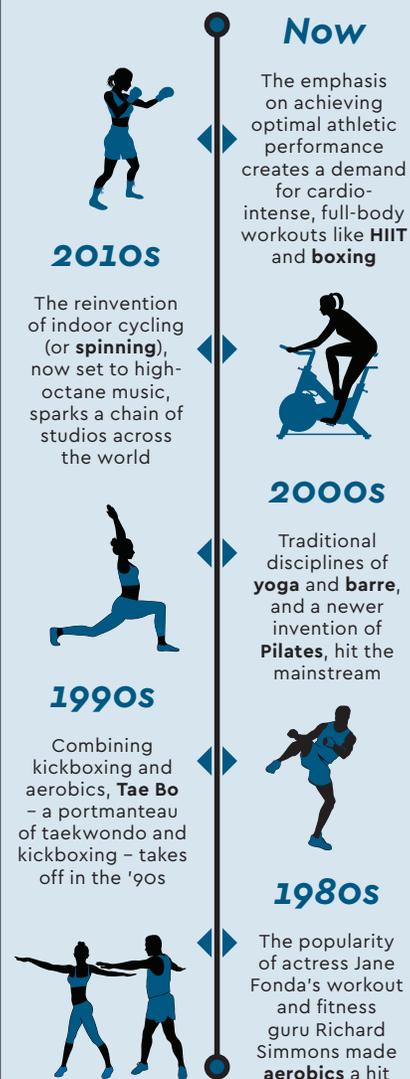
Glow also organizes monthly dance workshops that pay tribute to cultural touchstones like American hip-hop girl group Salt-N-Pepa and the 1987 movie *Dirty Dancing*.

"Our feel-good classes are all about inclusivity, positivity and community," says Taylor. "Our goal is to create a friendly, colorful world where people get fit and have fun at the same time." everybodyglows.com
- Arwen Joyce



Top form

Popular workouts throughout the decades



Where to work out in... LOS ANGELES

Body by Simone

At this chain of dance studios by celebrity fitness trainer Simone De La Rue, you'll be sweating to a personalized routine that incorporates dance techniques with HIIT and strength training to achieve a lean dancer's physique. bodybysimone.com

Equinox Westwood

Located in Wilshire Boulevard, Equinox Westwood is a stylish fitness club with a full service spa, a sleek indoor pool and a studio dedicated to Pilates. Group classes here come with catchy names like Firestarter, a 30-minute HIIT session. equinox.com

Rise Nation

Celebrity fitness trainer Jason Walsh launched Rise Nation to offer workouts that are both effective and safe. The gym is known for exercise routines that utilize the Versaclimber, a climbing machine that doesn't retain momentum - which means you work twice as hard. rise-nation.com



IMAGE: FB.COM/CLIMBRISEINATION (SIDEBAR)