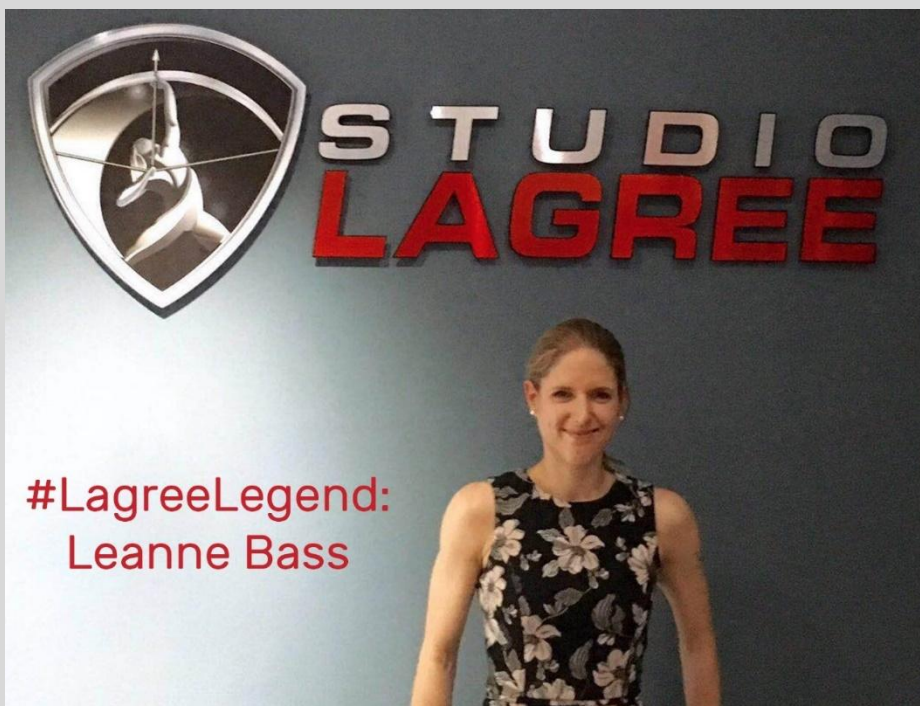


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And so month one of **#LagreeLegend** is done. The aim? To complete as many Lagree classes in one month. The prize? 3 free classes, a Studio Lagree hoodie and entrance into the **#LagreeLegend** hall of fame.

Our first **#LagreeLegend** is **Leanne Bass**, clocking up an amazing 23 classes in one month. Are you interested in a bit more about Leanne, how she managed to win the title this month and what it is about her that makes Studio Lagree such a staple part of her workout routine? Then keep reading for a full interview with our first Lagree Legend, Leanne.



**#LagreeLegend:  
Leanne Bass**

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**Leanne, tell us a bit about you.**

I am a huge lover of exercise and wine (and hope that the exercise helps to balance out the wine a little). I find that being as active as possible gives me the endorphins I need to get through the day, and also means that (although I try to be as healthy as possible), I don't feel too bad about all the wine.

**Congratulations on being awarded our first #LagreeLegend. How many Lagree classes did you do this month?**

23, somehow!

**How long have you been practicing the Lagree Method?**

I had my first class in early January as soon as I heard about the studio and was instantly hooked! At first I tried to limit classes to a couple a week, as I was doing a lot of other classes too, but this crept up quickly and I finally gave in a few weeks ago and signed up for their Monthly Unlimited package. I am often accused of having "fads", but I have loved Lagree consistency for six months now so I am sure it's here to stay for me.

**What is it about Studio Lagree that makes it a staple part of your monthly routine?**

Having the studio right across from my office is a big help as it means I can squeeze a class in a lunchtime without having to be away from my desk for hours. I have also tried to encourage others in my department to join me and a huge number of them now come regularly, so going along at lunch becomes a social occasion and a nice opportunity to spend time sweating together! I try to do cardio based classes at other studios in the morning if I can and then get to Lagree at lunchtime. As a lawyer I often work long hours so I find that taking this time out for myself gives me the energy to get through the day. I would definitely encourage anyone with a demanding job who thinks that they don't have time to exercise to actually take the time out for themselves as the rewards are huge, not only on a physical level, but also psychologically.

**Do you take any classes with instructors in particular? Who is your favourite?**

My schedule means that most of my classes are with Matt and Linda, who are both incredible and keep pushing you when you feel that you can't do any more, but I think all of the instructors are fantastic and each have very different styles.

**What is your favourite and least favourite move?**

I am a big fan of the core work, particular anything that gets into the obliques like French Twist and Mermaid. My least favourite is definitely the Leaning Tower – it literally feels as if your hamstrings are about to snap.

**Will we see you back in the studio next month?**

Absolutely! I can't wait to get back to Lagree.



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