



Our October #LagreeLegend is **Fernando De Beurs**, our first male winner, which makes him a MegaMan as well!!!

—
Fernando, tell us a bit about you.

I have been working in London now for 5 years as a contractor in the finance/insurance industry. This means a lot of long days. I realised that I needed to stay fit and energetic, so I was looking for a workout that would be near to my work, fit in my daily routine and was guided by an instructor.

Congratulations on being awarded the October #LagreeLegend. How many Lagree classes did you do this month?

13 classes ... even I am impressed with myself!

How long have you been practicing the Lagree Method and how did you start?

My first class was 16 December 2015. I was introduced by my colleague who was very enthusiastic about the classes at Lagree. And now here we are!

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

The workout at Studio Lagree is fun AND effective. For me, it is the perfect combination of encouraging instructors, great music and an interest machine. Plus, I find the classes are easy to follow.

Who is your favourite instructor and class?

Most of the classes I take are on Wednesday to Friday. So really Linda, Matt and Grace. It works really well for me.

What is your favourite and least favourite move?

Not sure to be honest, depends on the mood and how I feel. What I do find still difficult is the carriage kick and staying very deep. That is hard!

Do you have any message to the men out there that think Studio Lagree is just for girls?

When I had my first class and I saw a lot of women I thought I was at the wrong class. But, it is far tougher than I thought. When more men joined during the year, I realised that it is not just tough for me, but also for other men! I'm glad that Studio Lagree launched the #MegaMan class too!

Will we see you back in the studio next month?

Of course, no doubt about it and I'm looking forward to it.



35-37 Chiswell Street
(entrance on Lamb's Passage)
London, EC1Y 4SE
020 7256 5700
