



Our third #LagreeLegend is **Olivia Roach**, who attended 20 classes in thirty days! Read more about what motivates Olivia and keeps her coming back.

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

I've been going to Studio Lagree for about 8 months. I can't remember where I first heard about the classes but I remember they were advertised as being essentially 'reformer Pilates on steroids' which sounded...interesting. I went to my first class on a Monday night after I'd already been to another studio that morning. I thought it would be a nice way to end the day with some stretching and classic reformer Pilates moves. I could not have been more wrong!! I walked away pretty much exhausted and not a little shell shocked but I totally loved it!

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

Studio Lagree is the one class I've been to where you can feel every single move in the part of the body the move is meant to be targeting and every single rep really feels like it counts. I've never been so out of breath going so slowly before! *It made such a difference to my body in such a short time and it never, ever gets easier.* But, that's why I love it. It always feels like there's so much further to go with the moves and that there's so much more progression that's possible.

Who is your favourite instructor?

I've literally never had a bad class - all the instructors are honestly really great. I try to make sure I go to Matt's classes - as a glutton for punishment - and Linda's, Vinny's and Nadine's. They all have classes during which I've wanted to cry - they're so tough, but afterwards you feel amazing and they're never the same twice.

What is your favourite and least favourite move?

I dread French Twist mainly because they just HURT. I'm always happy to have done them but always want them to be over! My favourite move is probably a tie between donkey kick and bungee as with both, I can really feel them targeting exactly where I want them to target. But even with those moves, I'm always glad when they're done!

Will we see you back in the studio next month?

I hope so! I'm having to take some time out to recover from some surgery but the hardest thing about recovery has been wanting to get back to class! I honestly can't wait to get back although I'm slightly dreading working back up to full strength again. But I think Studio Lagree will be the one class I'm always going to want to take as literally nothing really compares to how it works on your body and makes you feel.



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