

THE NEWCOMER

Inside Core Collective, W8

We want to shout from the rooftops about Jason de Savary's new gym just off High Street Ken. Not because you can trundle into any of the high-ceilinged, exposed-brick studios for classes on a pay-as-you-go basis: Velocity – HIIT (high-intensity interval training) and core stability training; Accelerate – endurance cycling; or Resistance – TRX. Or because you can sweat your way through a gruelling PT session, safe in the knowledge that there's a stack of cold towels in the fridge. But because nothing makes you feel more smug than lathering up with Bamford goodies in the shower, tucking into raw-raspberry ganache from the café, then crashing out on a huge Chesterfield sofa in the industrial-style lounge when it's all over. *Classes, from £26 (core-collective.co.uk; 020 7937 6377).*

Outside South Kensington Club, SW7

There's SO much spread across the spanking-new, 25,000-square-foot South Kensington Club: marble-clad Russian banyas and steamy Turkish hammams, a saltwater Watsu pool, a library where you can sip loose-leaf tea by the fire (and that's not to mention the gym, the hot-yoga studio or the reformer room). It also happens to be a stone's throw from Hyde Park. So, despite all this gorgeousness, all those soaring skylights and shiny, reflective surfaces for surreptitious preening, trainers will just as happily take you for a romp around Kensington Gardens, a bracing plunge in the Serpentine or a round of tennis. If you're really game, you can join the Voyager Programme, which trains members for hair-raising expeditions, marathons and other outdoorsy adventures. Not for the faint-hearted. *Annual membership, from £500 (southkensingtonclub.com; 020 7581 8088).*

THE PERSONAL TRAINER

Inside Michael Garry

It's a good thing that Garry is such great company (cheerful, energetic, constantly upbeat), because at-home training with him is consistent – and therefore unavoidable. He'll cycle over to your house (so you can't escape/put it off/be hungover/not be in the mood) twice a week, as early as 6am. Better yet, he turns whatever space you have – no matter how limited – into a fully operational gym. Stairs, chairs and tables are part of the action: all you need is a Swiss ball, hand weights and a mat, which he'll order for you. Garry's mantra is that muscles respond

to routine, so he develops a specific series of exercises to best suit you, from one-legged squats against a dining-room chair to press-ups on the sitting-room floor. Exercises are targeted, results-driven and easy to fit into a busy lifestyle, but Garry's brilliant sense of fun means they're enjoyable too. Soon, you won't want to be without him. *Sessions, from £120 (michaelgarry.london; 07958 302798).*

Outside Steve Mellor

Personal trainers are all about personal taste – if you like yours precise, punctual and easy on the eye, then Steve Mellor is for you. He's trained Arctic explorers, Olympians, marathon runners and supermodels, but his real talent lies in sculpting paunchy civilian flesh into something a whole lot more svelte. He might have snaffled a new HQ in the lofty gym at Claridge's, but he's still big on outdoor training and is quick to chivvy you on a dynamic circuit of Green Park or your local common. Which means stretches (the kind that look easy but make you scream inside) on park benches and bursts of sumo squats (cue undignified bottom-clenching) in the shade of a tree. Yes, it's tough, but he asks for another set of reps so nicely that it's hard not to comply. *Sessions, from £120 (freedom2train.com).*

Start the day at the top of the Shard – looking down upon teeny-tiny buildings as you hold yoga poses high above the City

FOR YOGA

Inside Triyoga, across London

Just when we thought Triyoga couldn't get any better, it's gone and upped its game. The Soho outpost has acquired a snazzy new studio (Nadia Narain's classes sell like hot cakes) and a gorgeous Retreat Café, with gluten-free lunchboxes and smoothies; King's Road is still the smartest place in Chelsea to downward-dog (Julie Montagu's hot yoga has a waiting list longer than your arm); and the former Primrose Hill branch has reopened to much applause in an old piano factory in Camden, with four studios (try meditation with Leela Miller, Madonna's teacher), an infrared sauna and a café selling crystal-infused waters (yes, you read that correctly). *Classes, from £16 (triyoga.co.uk; Chelsea branch, 020 3362 3366).*

Outside Yogasphere at the Shard, SE1

If the thought of whizzing up 72 floors to the top of a skyscraper, in a glass lift, makes you feel sick, Yogasphere is probably not your bag. If, however, starting the day *en plein air* – looking down upon teeny-tiny buildings as you hold Warrior Two dizzily high above the City – appeals, this class on the top of the Shard is for you. *Classes, £40 (yogasphere.eu; 020 3086 9899).*

BEING MINDFUL

Inside TwentyTwoTraining, SW7

One-to-one sessions at this slick mews-house gym might make your thighs slimmer, your tummy flatter and your bottom shapelier, but training with founder Dalton Wong doesn't stop there. He's also introduced something called Combination Therapy: acupuncture sessions, lots of remedial deep-tissue massage and hypnotherapy. It'll make you a nicer person – less likely to collapse in angry tears when you're pushed to do one more set of crab walks with a resistance band around your ankles – and it improves your workout too, releasing cramp-prone muscles and emotional blocks. If your diet needs some work, Wong will refer you to his in-house nutritionist. If your flexibility leaves a lot to be desired, he'll pack you off for a class with yogi Jane Kersel. He'll even tell you which chakras are out of balance and work to realign them through specific exercises. For once, '360-degree approach' is not an overstatement. *Combination Therapy, from £100 (twentytwotwo.com; 020 7581 2234).*

Outside Dan Roberts Training

For a personal trainer (long-haired, modest, with exacting standards), Roberts is surprisingly zen. Which is perhaps why he's in such demand (Suki Waterhouse trains with him, and he's regularly enlisted by professional athletes to get them performing at their peak). Yes, he works you hard (circuits, weight-lifting and boxing) – but he works harder on your self-esteem: constantly encouraging, teaching you to 'love your body' and stressing the importance of nutrition (he has an in-house dietician for cookery lessons). Training – from your home, Battersea Park or, um, Miami Beach (he runs retreats across the Pond) – pushes you out of your comfort zone, but there's yoga, meditation and 'play time' too (a mix of parkour and martial arts to improve coordination, agility and confidence). Mind- and body-altering. *Sessions, from £250 (danrobertstraining.com; 020 7989 0338).* ▷