

try this

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# So, does my bum look big on this?

It's gym life, but not as we know it. Features writer Gemma Collins pays a visit to a new 24-hour Leicester fitness centre

I don't like big butts, and I cannot lie. And while God gave me grace, and a good sense of humour, he also heaped a whole load of junk in my trunk.

Cheers for that.

Over the years I've learnt to hide or enhance my assets. But when Pippa Middleton walked down that aisle, and the whole nation gasped at her taut, toned buttocks, I knew it was time for action.

Thankfully there's a new gym in town. Without sounding like an advertisement, Pure Gym Leicester, does exactly what it says on the tin.

There's no steam room or sauna, not a hint of a swimming pool or snack bar – it's pure gym.

I'm not big on exercise, but the equipment at this converted warehouse in Walnut Street is awesome.

There are fitness gadgets and gizmos I've never seen before, let alone know how to operate. And it's all brand new.

Fortunately, a personal trainer is on hand to guide me through.

"We are extremely passionate



**FEEL THE BURN:** Above, Gemma on a Bosu ball with assistant manager Nick Parkinson and, inset left, on an exercise bike

about fitness at Pure Gym, which is why we focus on the thing that matters – the kit," explains Nick Parkinson, deputy manager of the centre. "So how can we help?"

Erm, I'd like a toned bottom, I reply, rather embarrassed.

There's a quote on the wall: "Dreams without actions are merely fantasies." Cheesy, but true. I'm not going to get a toned bottom just by sitting on it.

"Don't worry," says Nick. "I've got a glutes and abs workout tailored for you. Let's crack on."

Is there any hope for me, I wonder? "Pippa Middleton didn't wake up looking like that," reassures Nick. "It took a lot of conditioning, a lot of movement and a lot of hard work."

Oh man, I go on holiday in a few weeks. The chances of being beach body ready are looking slim.

"Don't be hard on yourself," laughs Nick, pointing me towards a spin bike.

I climb onto a Lance Armstrong inspired model. It's tough. My legs hurt within seconds, and I really feel the burn as Nick guides me from a sitting to a standing position.

From there it's straight onto the rowing machine.

"The push-pull action works on your thighs, glutes and stomach, so it's perfect for you," encourages Nick.

And it burns loads of calories too – I know that because the digital display is clocking them up. That's half a glass of wine I'm allowed tonight.

The leg press is one mean

looking piece of kit. It's the machine equivalent of a squat, and works the muscles in the back, bum and thighs.

I'm a bit of a wimp on this one. I couldn't manage to shift much weight with my legs.

We all know the gym is worth visiting if you want to lose a bit of weight, develop your fitness, transform your figure, or simply improve your health.

I'm not trying to teach my grandmother to suck eggs.

But where Pure Gym differs is that there's so much variety; it's hard to get into a rigid routine. Plus there are more than 40 classes going on each week, such as spinning, circuit training, combat, bootcamp and yogalates.

They also have these fun plastic gizmos called Bosu balls, like half a space-hopper

with ridges, that you balance on to improve your core strength.

TRX is a new concept for fitness. Hanging stirrups for hands or feet suspend the body while you work out. My upper body strength is poor, so I only managed two press-ups before falling flat on my face. The shame.

But finally the moment I've been waiting for, my turn on the vibrating Bodycore plates. I feel like I'm squatting on a washing machine, the vibrations pulsating through my body. Apparently it stimulates blood flow – and that helps reduce the chances of cellulite.

You can do loads of exercises on this, says Nick – the vibration a welcome distraction from the physical work. But any longer than five minutes,

and you feel a bit queasy. My session ends on the mountain simulating cross trainer, where the foot plates slant back like you're actually climbing a hill.

This is when I really feel the heat. Yep, I'm perspiring quite profusely now. Not a good look. Thank heavens this gym's open 24 hours a day. I'm going to come back after dark.

## info

**PURE** Gym, 166 Walnut Street, Leicester, opens tomorrow. No contract membership costs £9.99 a month (usually £16.99), with a reduced joining fee of £10 (normally £25). Parking is free. For more info, call 0845 130 2962 or visit:

[www.puregym.com](http://www.puregym.com)

## coming up



**POSTPONED:** Bobby Davro

## Absurdist play long, Waiting for Davro

**BOO** hoo, Bobby Davro's stand up gig at Highlight Leicester has been postponed until Friday, September 16.

That means waiting another 10 weeks to see the loose-lipped legend, the (1980s) king of impressions.

If you didn't know he was coming to Leicester; however, it's a bonus.

You can still get tickets, priced £14.50, at:

[www.thehighlight.co.uk](http://www.thehighlight.co.uk)

**MEGA** monsters, breakneck speeds to exhilarate. Yes, The Extreme Stunt Show comes to Leicester this month, and it's going to be big!

Monster vehicles Extreme and Lil' Devil, have undergone an extreme makeover and the 2000 plus horse power methanol super-charged machines – phew – are ready for some serious action.

From big ramp jumps to mid air madness, the Extreme Freestyle Motocross Team (FMX) will also be flying through the air displaying death defying tricks.

Catch all the action at Leicester Racecourse, Oadby on Thursday, July 21.

For more info, visit: [www.extremeventseurope](http://www.extremeventseurope)

**OOOO-OO-OO**, sometimes ... there are bands that come to Nottingham and not Leicester; but we just have to mention them.

Like electronic evangelists, Erasure.

Famed for hits such as A Little Respect, Victim Of Love, Ship Of Fools and of course Sometimes, Vince Clarke and Andy Bell play the Royal Concert Hall, Nottingham, on Wednesday, October 19.

They'll be showing off tracks from their new album, Tomorrow's World which is set for release on October 3.

Tickets cost £30 go on sale at 9am this Saturday.

Call 0115 989 5555 or visit: [www.trch.co.uk](http://www.trch.co.uk)