

Freida's About-Face

Pinto returns to her modeling roots in *Knight of Cups*

Freida Pinto knows *Knight of Cups* isn't easy to digest. To appreciate writer-director **Terrence Malick's** drama, out March 4 — told through the stream of consciousness of an L.A. screenwriter — “just let yourself go,” says Pinto, who plays model Helen. “It’s like meditation!” The Indian actress, 31, dating investment banker Omar Mangalji, gives *Us* her uninterrupted attention.

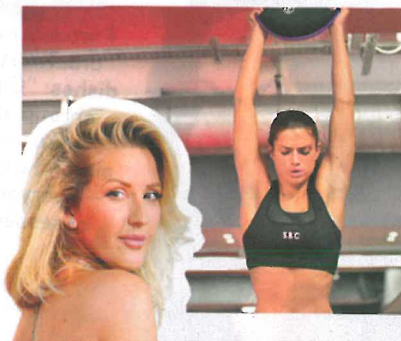
Q: Ever miss your early modeling days? I didn't really enjoy modeling in Bombay. I floated through it in the hopes that I would get my ticket to the next big thing.

Q: Your character initiates a “define the relationship” talk. Are you as bold? I am very direct, to the point that I think I might make people uncomfortable! I just don't think there's time to waste.

Q: You guested on *The Mindy Project*. Do you keep in touch with **Mindy Kaling**? Recently, I had a bad flu and saw that she Instagrammed some earache medicine. I texted her about it, and the next day she checked in on me. She's so lovely!



Pinto (with costar Antonio Banderas) improvised most of her lines.



Skinny Bitch Collective

Each 50-minute session of the London-based class **Ellie Goulding** dubs “awesome” is different. While bear crawls and squats are standard, “you could be upside down!” says creator **Russell Bateman**. With online videos (\$96 a year), you can try the 600-calorie torcher at home. (thesbcollective.com)

Pain & Pleasure

Heavy stuff: Devotees of this hourlong class at nationwide **David Barton** gyms (**Ivanka Trump's** go-to spot!) use medium to heavy weights for squats and dead lifts. Back-to-back moves burn 400 calories, says trainer **Tony Van Gonzalez**, “and add lean muscle mass.” (davidbartongym.com)



TOUGH-GIRL WORKOUTS



These celebrity-approved high-intensity classes will destroy calories — and a good blowout



The Cut

For 45 minutes, trainees fight through rounds of boxing drills and kickboxing moves at this 800-calorie-burning **Equinox** class. (**Hilary Swank** sweats at the nationwide gym's L.A. outpost.) Says creator **Christa DiPaolo**, “You're hitting all the muscles, from calves to shoulders.” (equinox.com)

Tone House

Created by ex-footballer **Alonzo Wilson**, this NYC class features cardio (think: mountain climbers), speed work (sprints!) and teamwork. (Every hourlong session begins and ends with a group pep talk.) The payoff for fans such as **Nina Agdal**: up to 1,000 calories gone! (tonehousenewyork.com)



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