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# This Fitness Class Might Be the Secret to Alessandra Ambrosio's Bikini-Ready Body



by Alessandra Foresto 8/31/15

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Image Source: FameFlynet

Alessandra Ambrosio is in a swimsuit more often than not, and though we're pretty sure there's something in the water in Brazil that guarantees their supermodels stay fit and slender, we finally have insight as to what workout might be responsible for maintaining Alessandra's toned body: SoulCycle. The beauty was spotted leaving a class at the Spinning studio with her shirtless boyfriend, Jamie Mazur. In HPE snake-print pants and a matching sports bra under a motivational tank top that read, "sweat," Alessandra rehydrated after her

tough workout session. Keep scrolling to see more photos of the model (and check out that tattoo on Jamie's chest of **their daughter's name, Anja Louise**), and then **learn what it's really like to take a SoulCycle class**.



Image Source: FameFlynet