

What's On

Couch slouch

Mirren to star in 'Catherine'

Meryl Streep joins HBO's 'Big Little Lies' season 2

NEW YORK, Jan 25, (Agencies): Meryl Streep will join the cast of "Big Little Lies" Season Two, US cable network HBO announced Wednesday, generating another boost for a hit drama already basking in awards glory.

The triple Oscar winner will star opposite Reese Witherspoon and Nicole Kidman in the second edition of a show that won plaudits for tackling domestic violence at a time when US society is increasingly focused on its treatment of women.

Streep will play Mary Louise Wright, the grieving mother of Perry, the character played by Alexander Skarsgard, who died at the end of season one after being unmasked as a wife beater.

Streep's character will search for answers after her son's death, HBO announced.

Best known for her work in cinema, she won an Emmy for her performance in HBO miniseries "Angels in America" in 2003 and also appeared on Showtime's "Web Therapy."

On Tuesday, Streep broke her own Oscar nomination record with her 21st nod for her role as Washington Post publisher Katherine Graham in "The Post".

"Big Little Lies" tells the story of three California mothers in the uber-wealthy enclave of Monterey, California, whose seemingly perfect lives disguise behind-the-scenes jealousy, secrets and drama.

A major hit with viewers, it won four Golden Globes, including for best TV movie or limited series and three acting gongs for Kidman as an abused wife, Skarsgard and Laura Dern, who plays a mother trying to find out who is bullying her daughter.

It also walked off with eight Emmy awards including Outstanding Limited Series, as well as individual gongs for its Oscar-winning stars Kidman and Witherspoon.

Samantha Bee's "Full Frontal" will devote an extra-long show to the plight of Puerto Rico.

The often scathing humor program intends to shine a light on some of the issues on the island, which has been hurt severely by Hurricane Maria in September of last year. "Full Frontal," which normally takes up a half-hour spot on TBS, intends to devote 60 minutes to the subject following a visit by staff to the US territory on March 28. Bee announced the special during Wednesday's broadcast but offered few other details.

Bee and her producers have made travelling abroad a regular feature of the program, and the comedienne has said many times the show's "field pieces" are very important to her and remain an essential part of the series. Traveling "is a critical piece of the show that I would never want to do without," Bee told Variety in August of last year, and a reason why she would not want to do a daily program. "It would really deprive me of the opportunity to go places and do field pieces and learn about the world. It's a nice opportunity to go places and travel on someone else's dime. I'm only half kidding," she added.

Helen Mirren will star in the title role of HBO and Sky's upcoming miniseries "Catherine the Great." Mirren will play the 18th century Russian monarch in a four-part project set to start filming later this year.

Written by **Nigel Williams** ("Elizabeth I," "Wodehouse in Exile") and directed by **Philip Martin** ("The Crown," "Mo," "Prime Suspect"), the miniseries looks at Catherine at the end of her reign and her affair with **Grigory Potemkin**. "I am very excited by the possibility of embodying a woman from history who grabbed and then wielded great power," Mirren said. "She

rewrote the rules of governance by a woman, and succeeded to the extent of having the world Great attached to her name, Catherine the Great. I am very grateful to have HBO and Sky as partners in this endeavour. There are no other homes on television that bring the support and understanding needed for this kind of project."

Produced by Origin Pictures and New Pictures, "Catherine the Great" will air on HBO in the US and Sky Atlantic in the UK and Europe.

"We are jubilant about having Helen Mirren back on HBO, playing the iconic Russian empress and joining this distinguished team of British filmmakers," **Kary Antholis**, president, HBO miniseries said. "This collaboration will, no doubt, result in a truly regal mini-series."

Candice Bergen is returning to TV in a revival of "Murphy Brown," the agenda-setting 20th-century comedy.

CBS said in a Wednesday announcement that it's ordered 13 episodes of the sitcom for its 2018-19 season.

Diane English created the original series that starred Bergen as a hard-charging TV journalist. English is back as writer and executive producer for the reboot.

CBS suggested the show is ready for to embrace the current zeitgeist.

"As its 30th anniversary approaches, 'Murphy Brown' returns to a world of cable news, social media, fake news and a very different political and cultural climate," the network said in a statement.

Bergen, who won multiple lead-actress Emmys for the original, will be an executive producer. CBS says. The 71-year-old actress will be reprising her role, while other casting wasn't announced.

The series addressed hot-button social and political issues, drawing applause and the ire of critics including then-Vice-President **Dan Quayle**. It ran for 10 seasons from 1988 to 1998.

"Murphy Brown" became a focal point during the 1992 George H.W. Bush-Bill Clinton presidential campaign when Quayle criticized a plot line that had the unmarried Brown having a child. He said it damaged family values.

When Bergen won her second Emmy for the role that year, she jokingly thanked Quayle and "the members of the cultural elite."

John Malkovich has signed on for a guest starring role in Season 3 of the Showtime drama "Billions," the premium cabler announced Wednesday.

Malkovich will play Russian billionaire Grigor Andolov. The role is certainly fitting considering that Malkovich previously played a Russian mobster named Teddy KGB in the movie "Rounders," which was written by "Billions" co-creators **David Levien** and **Brian Koppelman**. "John appeared in our first two films, 'Rounders' and 'Knockaround Guys,' and we have a long creative history together. We are ecstatic to be reunited with the man who played Teddy KGB once again," said Koppelman and Levien.

Malkovich is an Emmy-winning and two-time Oscar nominated actor, director, producer and fashion designer. He received Oscar nominations for his roles in "Places in the Heart" and "In the Line of Fire." In 1985, he appeared in the Broadway revival of "Death of a Salesman," which would earn him an Emmy when it was made into a television film. He also collaborated on multiple projects with **Charlie Kaufman**, appearing in the films "Adaptation" and "Being John Malkovich." His other feature films include "Empire of the Sun," "Con Air," "Of Mice and Men," and "Burn After Reading." His producing credits include films such as "Ghost World," "Juno," and "The Perks of Being a Wallflower."



In this Aug 16, 2017 photo, Nicole Winhoffer (front right), teaches her NMethod fitness class at The Standard Hotel in New York. (AP)

Fitness

'Fitness Blender' targets all various body parts

No gym? At-home workouts offer cheap option

By Kelli Kennedy

Between bomb cyclones and deep freezes, it's hard to find the motivation to leave your toasty home for a sweat session. Or maybe you're just too cash-strapped after the holidays to fork over \$25 for your usual barre classes.

We've rounded some at-home workouts at all price points that deliver challenging routines with easy to follow instructions so there are no excuses. You can even train just like the celebrities with some streaming services that feature the same routines being taught in New York studios.

Free

Fitness Blender: This app rivals pricey competitors. Solid video workouts, tons of options for beginners and elite athletes with programs targeting all various body parts. Coming from husband and wife duo Kelli and Daniel Segars is easy to follow. Some workouts require weights but there are tons of videos that require nothing.

Heart and Soul HASfit: Straightforward High Intensity Interval Training (HIIT) video routines that pack a powerful punch. Clear instructions make everything in their arsenal a good choice whether you want to work out in 15 or 45 minute increments.

Body Rock: Each workout starts with a 20-second video that demonstrates each move. Photo explainers break it down further, along with details about how many reps and rounds. Better for intermediate levels who have some knowledge of basics like lunges, mountain climbers and flys. Some workouts require bands or weights.

Amazon Prime Zumba: This 70-minute interactive dance workout features 16 high-energy routines that will burn calories while you get your groove on. From Bogota to Beijing and beyond, these international rhythms are so fun it doesn't even feel like a workout. Great for beginners.

30 Days: This 30-day challenge uses slide-style photos to break down moves like donkey kicks and lateral lunges. The app increases ex-

ercise intensity step by step to help you build strength and stamina. Each challenge has three difficulty levels, from beginner to pro.

\$20 or less

Weight Loss Fitness: Find a personalized training plan focused on your problem area. Choose from over 1,000 workout mixes. \$9.99 a month

BetterMe: Workouts: Targeted workouts just for women. Choose from 28-day programs that target abs, butt and thighs and arms in 15-minute increments. \$9.99 month

8fit: Enter your weight loss and muscle goals, measure your fitness level and wait for your customized workout and meal plan. Workouts are 15 minutes or less and are based on HIIT workouts where you move for 20 seconds, rest 10 seconds and repeat. Free option or \$30 plus for workouts and meal plan

Fitness Buddy: Create your own workout routine with 2,400 exercises. Tailor workouts to moves you like or based on the equipment you have at home like resistance bands, kettle bells or no equipment or choose from over 75 already designed workout routines. Clear instructions and videos. Bonus this app is also great if you want to transition the gym and need a plan for tackling free weights and machines. \$2.99

Tone It Up: Daily workouts include HIIT, strength training, yoga and dance moves plus lifestyle videos and tips on superfoods to help you achieve your goals. \$7 a month for a 12-month commitment

Sweat with Kayla: Kayla Itsine is a powerful motivator. Be ready to work hard but get it done in just 28 minutes. \$19.99 a month. Might be too high impact for beginners or those who are obese.

Daily Burn: Includes everything from kettlebells to yoga to HIIT at every fitness level, with series for beginners and those that will challenge even the most hardcore athletes. Celeb trainer Bob Harper's subscription also includes a meal plan with daily recipes. \$12.99 a month

Amazon Prime: There are tons of free and low cost options for Prime members.

Subscribe to channels like BeFit, SweatFlix, Yoga Anytime Channel and FITFUSIONTV. The no-commitment monthly fees make it easy to switch up your workouts. Average between \$6 and \$10 a month

High roller

Nicole Winhoffer: Loved by Madonna and Kate Hudson, Nicole Winhoffer mixes dance cardio and strength training. NW Church gives you access to the hour-long class Winhoffer teaches in New York every Sunday. You'll feel muscles you didn't know you had. \$80 month (On sale \$40 a month in January)

Tracy Anderson: Trainer to J. Lo and Gwyneth Paltrow, Anderson's streaming service includes the Master Class routine she does each week with her clients so you're sweating right alongside her. The online community for #TAmfamily also offers motivation. \$90 month or \$808 a year. A premium service is launching Feb 1, which offers additional content for \$40 month.

Body By Simone: Jen Garner and Chrissy Teigen are fans of Simone De La Rue's workouts. Each video is only 20 minutes long. Get in and out or string a few together to customize your workout. Videos are broken down by dance cardio, upper and lower body or core. New workouts are added each month. \$14.99 month or \$120 annually

Ballet Beautiful: Sculpt a dancer's body with moves that are both graceful and punishing alongside former New York City ballerina Mary Helen Bowers. She trained Natalie Portman for her Oscar-winning role in "Black Swan." There's something for everyone in her 200 video series, including a post-C-section core rebuild for new moms to the supermodel abs mix. Two new workouts added each month. \$39.99 month

Barre3: Choose from 300 low-impact workouts that deliver some major core and booty burn whether you have 10 minutes or an hour. Target specific body parts or get energized with a total body workout. Get ready for some seriously high reps and isometric holds. \$29 a month. Great for beginners or those with injuries. (AP)

TV highlights

Cinema

Cinema programme from Thursday 25/1/2018 to Wednesday 31/1/2018

Time	Location	Programme	Time	Location	Programme	Time	Location	Programme																														
12:00	360°	12 Strong 11:45, 14:25, 17:00, 22:10, 00:45 (Daily Exc Fri) 13:30 (Fri) 14:25, 17:00, 22:10, 00:45 (Fri)	12:00	360°	Guardians Of The Tomb 13:10, 17:20, 21:35, 23:35 (Daily Exc Fri) 17:20, 21:35, 23:35 (Fri)	12:00	360°	Maze Runner: The Death Cure 17:50 13:05, 16:00, 18:50, 21:40, 00:30 (Daily Exc Fri) 12:00, 12:10, 14:45, 15:00, 17:30, 20:15, 20:40, 23:00, 23:30, 00:25 (Daily Exc Fri) 12:25, 18:05, 20:55, 23:45 (Daily Exc Fri) 14:45, 15:00, 17:30, 20:15, 20:40, 23:00, 23:30, 00:25 (Fri) 16:00, 18:50, 21:40, 00:30 (Fri) 18:05, 20:55, 23:45 (Fri) 22:15 (Daily Exc Thu) 15:30, 22:15 (Thu) 18:00 20:45, 23:30, 00:30 12:30, 15:15, 18:00, 20:45, 23:30 (Daily Exc Fri) 15:15, 18:00, 20:45, 23:30 (Fri) 13:45, 18:45, 21:30, 00:15 11:45, 19:00, 21:45, 00:30 (Daily Exc Fri) 19:00, 21:45, 00:30 (Fri) 15:45 13:10, 16:00, 21:40, 00:30 (Daily Exc Fri) 00:30 (Daily Exc Fri) 19:00, 21:45, 00:30 (Fri) 15:45 13:10, 16:00, 21:40, 00:30 (Daily Exc Fri) 00:30 (Daily Exc Fri)	12:00	360°	Okdat El Khawaga (Arabic Film) 11:45, 12:45, 14:45, 19:15, 19:25, 21:15, 23:15, 01:15 (Daily Exc Fri) 14:45, 19:15, 19:25, 21:15, 23:15, 01:15 (Fri) 18:15, 20:15 19:30, 21:30, 23:40 19:20, 21:15, 23:15 20:00, 22:00 20:15, 22:15 12:00, 14:00, 16:00, 18:00, 20:00, 22:05, 22:15, 00:05 (Daily Exc Fri) 14:00, 16:00, 18:00, 20:00, 22:05, 22:15, 00:05 (Fri) 20:35 (Daily Exc Tue) 15:00, 20:35 (Tue) 18:15, 22:30 (Daily Exc Fri) 13:30, 18:15, 22:30 (Fri)	12:00	360°	The Greatest Showman 16:50 14:30, 17:00, 19:45, 22:00	12:00	360°	The Post 19:35 22:40 15:40, 20:50 (Daily Exc Fri) 13:35, 15:55, 20:50 (Fri)	12:00	360°	Tiger Zinda Hai (Hindi Film) 13:40, 16:25, 20:55, 21:25 15:45 (Daily Exc Thu) 15:45, 18:45, 21:45 (Thu) 19:00 11:50, 19:15, 21:15 (Daily Exc Fri) 19:15, 21:15 (Fri)	12:00	360°	Wonder 18:35 20:10	12:00	360°	Aadu 2 (Malayalam Film) 15:45 (Daily Exc Thu) 15:30, 18:30, 21:30 (Thu) 16:00 (Daily Exc Thu) 15:30, 18:30, 21:30 (Thu)	12:00	360°	Bhaagamathie (Telugu Film) 18:45 (Daily Exc Thu)	12:00	360°	Bhaagamathie (Tamil Film) 15:55, 21:35 (Daily Exc Thu)	12:00	360°	Nimir (Tamil Film) 15:30, 19:00 (Daily Exc Thu) 16:15, 19:00, 21:35 (Thu)	12:00	360°	Street Lights (Malayalam Film) 16:00, 18:30, 21:00 (Daily Exc Thu) 19:00, 21:30 (Daily Exc Thu)