



Specialty Training Program Descriptions



"Butt" Blaster Workout with Jeannie!

30-minute intense focus on sculpting hips, glutes and thighs! Tighten, tone and sculpt your entire lower half. Burn more than 500 fat and calories in a half-hour. Lift your spirit and your rear!!

(\$59 per month Saturday's. 11:15am)

Cardio Dance Fusion with "Delandis"

Each week burn calories through all types and styles of dance.

Dance through movement in these sassy modern style dance, Latin jazz, bar method, burlesque and hip hop workouts with world renowned Delandis!

(\$39 Tuesday's 8:15-9:15pm)

summer special

Tread n Shred by Nikki

Welcome to a high impact treadmill challenge. Burn calories, improve your cardio-vascular fitness and increase muscle tone.

(\$39 Sunday's 10:00-10:45am)

summer special

Executive Boot Camp:

Is a fast paced, challenging workout consisting of cardio, strength training, plyometrics, core work, drills etc. Boot Camp will help get you into the shape you desire, while burning tons of calories!

With **Matteo!** "Anything Goes".

(\$104 per month M/W 6-7am.)

summer special

Non-Members Welcome/Drop in rates available.

Fullerton Century City Encino Northridge Pasadena Westside
La Brea San Rafael Rolling Hills Miracle Mile