



Specialty Training Program Descriptions

Pronto Fitness Express-Paolo:

30-minute intense circuit training focus on sculpting your whole entire body! Including hips, glutes, abs, arms, back, chest and thighs! Tighten, tone and sculpt your entire body. Burn more than 500 calories, lower your body fat and lose inches!
(Saturday's. 11:00am-\$10)

Lloyd's Sparring Corner:

Foot work, body movement, technique, conditioning, form and time sparring in the ring. Pricing is \$10 per visit, per time. Pay at the Front desk.

Must pay to participate.

No exceptions.

MMA Brazilian Jiu Jitsu-Rey

The Rey Diogo Brazilian Jiu Jitsu workouts offer outstanding programs dedicated to quality training in the martial arts. We offer top notch Brazilian Jiu-Jitsu instruction in a friendly positive family environment. Everyone is welcome. We offer programs for men, women and children, as well as seminars and private lessons. Our teaching focuses on promoting the sport of Brazilian Jiu-Jitsu and producing positive results for people inside the academy and in their daily lives. (\$25 per visit/Enroll at the Front desk).

Kangoo-Jumps Moses :

Kangoo increases your cardiovascular workout, speeds up your metabolism, burns a ton of calories, prevents injuries, increases core strength, reduces stress, improves posture, great for rehabilitation from injuries, low impact on your joints, improves back pain, increases bone strength and overall body conditioning.

(Tuesday 7-8 pm and Friday 6:30-7:30)

\$25 per visit.(Group discounts available).

Westside Media Center

**12100 Olympic Blvd Los Angeles, CA
90064**

310.836.8000

www.bodiesinmotion.com

Non-Members Welcome/Drop in rates available.

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