



**Guide wellness
true grit**

**MIAMI'S MOST UNIQUE AND EFFECTIVE FITNESS CLASSES
BY JASON FITZROY JEFFERS**

The Sports Club/LA–Miami

REV: The Visual Experience

REV takes spinning to a new level with a multimedia presentation—including music and panoramic films—that transports you right into the heat of a frenzied bike race. The workout whizzes by in no time: When you feel like you're leading a breakaway in the Alps, it's easy to forget that you're really churning away those calories on a stationary bike on Brickell Avenue.

Four Seasons Tower, 1441 Brickell Ave., Miami, 305-533-1199

www.mpsportsclub.com