

“High-energy, push-it-to-the-max interval training!”
- LA Times



SPEEDPLAY

HIGH INTENSITY INTERVAL TRAINING

BEVERLY HILLS



FIND YOUR TEAM.

Run, row, lift, and tone in LA's most effective and rewarding calorie burn in Beverly Hills!

60 minutes ::
Playlist-curated ::
Balanced + safe ::
Burns 600-900 calories ::
Includes warm-up + stretch ::

the
WORKOUT

:: Showers
:: Towel service
:: JUICE SERVED HERE
:: Woodway Curve treadmills
:: Concept 2 Rowers

→ FIRST CLASS : \$15 ←
(ROOFTOP WORKOUT VIEW : FREE)

speedplayLA.com



@speedplayLA



SPEEDPLAY

hello@speedplayLA.com p :: 323.473.5191

8500 WILSHIRE BLVD PENTHOUSE | BEVERLY HILLS | 90211