



## Bravo's 'Work Out' Features Three Openly Gay Stars

By [ChicagoPride.com News Staff](#)

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Series to Premiere on July 19th

Chicago, IL - Bravo's newest docu-drama, "Work Out," will follow the professional and personal life of Jackie Warner, elite trainer and owner of Sky Sport and Spa in Beverly Hills, California, as she continues to build her business including a team of trainers and a list of select clients. Everything inside of her leading penthouse fitness facility is visually impressive, including the state-of-the-art equipment and the most attractive staff of trainers in the city. "Work Out" examines how these people work and play together, inside and outside the gym. The six-episode, one-hour docu-series will make viewers sweat as conflict, drama and emotional turmoil arise as the trainers strive to keep their valuable clients happy, their personal lives afloat, and meet Jackie's infinite demands.

"Los Angeles is a city greatly invested in the cult of fitness, celebrity and beauty," said Lauren Zalaznick, President of Bravo, "Health clubs, spas and trainers are everywhere in the city and 'Work Out' will explore this image-conscious culture, taking viewers inside the elite world of a Beverly Hills trainer-only gym."

Jackie Warner is owner and managing director of Sky Sport and Spa, an exclusive fitness facility located in downtown Beverly Hills. Her clients include celebrities, moguls and people seeking a higher level of fitness in an elite environment. The gorgeous indoor/outdoor gym boasts 360-degree views of Los Angeles, notable celebrity clientele and classes ranging from "Yoga Under the Stars" to "Power Boxing." Jackie is a fitness maverick with a dynamic, no-nonsense attitude and she will accept only the best in every aspect of her life. She not only hires the most talented and vibrant trainers to work in her gym, but she lets them know in no uncertain terms that it's her way or the highway.

Although Jackie is a fierce businesswoman, she passionately believes that all work and no play make Jackie a dull girl. Her motto is "work hard, play hard" and she is a living example that you can enjoy a martini or two and still stay in excellent physical form. Jackie's personal life is also demanding and busy.

Jackie's long-time girlfriend is a constant face throughout the series and her jealous nature isn't easy to deal with in the vain world in which Jackie lives. Passion and drama brew between the two lovers, especially when Jackie's mother comes to town and the budding family clashes over mom's conservative views on gay marriage.

Jackie's trainers all have vibrant personalities and they constantly compete for her attention and acceptance. These seven trainers also live by the "work hard, play hard" philosophy and "Work Out" will follow their drama and their quests to be the best trainer "Sky Sport & Spa" has to offer.

ERIKA was an up and coming publicist in the entertainment industry, but when the corporate executives she worked with found out that she was also a trainer at the local YMCA, they flocked to her for help with their fitness regimen. Erika soon realized that a career in fitness was her true calling and threw in the towel on public relations.

BRIAN uses his southern charm inside and outside of the gym. He was a jock in his youth and never shies away from a challenge. Brian is passionate about serving as a mentor and teacher to people who might benefit from an extra push in physical fitness.

ANDRE gave out free fitness advice to his gym-buddies in Atlanta until he figured he might be able to make a little money from his favorite hobby. From a military background, Andre is a disciplined and serious individual with big plans for his future.

ZEN was athletic from a young age growing up in Lagrange, Illinois, with spots on the dance teams at the high school and college level. Jennifer incorporates motivation and laughter into her fitness routine and encourages all of her clients to do the same.

JESSE hails from Seattle, Washington. After his parents' divorce, his mother started working two jobs and it became his duty to

cook a healthy meal for the whole family and this is where his love of wholesome cuisine began. On top of his training success, Jesse recently enrolled in culinary school and fell in love with cooking professionally.

REBECCA was raised by parents who love fitness. Her mom loves yoga and runs marathons and her father is a competitive weight lifter. After making the move to Los Angeles, she initially took acting classes, but eventually moved toward fitness and started training clients. Rebecca loves to flirts - with everyone - including all her clients regardless of their sex.

DOUG was born in Los Angeles to a middle class family. He was the first to go to college in his family and put himself through school, deciding during his senior year that he wanted to be a trainer. Doug's fitness philosophy is that all of his clients want to be loved, so he touches them from the beginning of the session until the end.

"Work Out" is produced for Bravo by Mentorn USA. Executive Producers are Bruce Toms, Amy Shpall and Lori Kaye.

"Work Out" premieres on Wednesday, July 19, 2006 from 11 p.m. -12 a.m. ET/PT on Bravo. Starting Tuesday, July 25, "Work Out" will move to its regular night and timeslot at 8:00p.m CST.

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See the photo album of the cast [here](#).