

FROM WITHIN IN SHAPE



Natural Selection

Evolution Fitness, a full-service fitness center with top equipment and classes, will whip you into shape.

The only full fitness center in Southampton Village, **Evolution Fitness**—a well-appointed, 8,500-square-foot facility that opened just four months ago—is already establishing itself as an indispensable fitness resource on the East End. “Fitness is changing,” says co-owner and trainer Jason Cofield. “We’re moving away from just a weight room and cardio.” You will find the usual trappings here: a 3,000-square-foot gymnasium, a 2,000-square-foot weight room and a 2,000-square-foot cardio room stocked with high-tech treadmills. But Evolution also offers a wide variety of top-notch class options including, yogatone, kickboxing, spin, capoeira, Zumba and **Forma**—a stand-alone workout system that includes more than 3,000 exercises. Cofield’s own EvoFit—a program combining elements of military training, martial arts, powerlifting, track and field, and football—will kick any regimen into gear with ever-changing sessions focused on drills and high-intensity intervals that spring from Cofield’s personal workouts. This busy father of four knows how to maximize the benefits of his gym time, and we thank him for it. 33 Hill St., Southampton, 488-4252; evolutionhamptons.com—INGRID SKJONG