



Hot Yoga, Indoor Cycling and Kettleboard.

“We believe true health is achieved through a balance in all areas of your life -- overall wellness, strong workouts, rounded nutrition, and powerful connections through the community,” Rothman says. “We encourage our clients to expand their minds, open their hearts, feel their body, and nourish their souls. This is why our gym does not only concentrate on strength training but also offers a full functioning wellness spa, workout classes, physical therapy, and nutritional guidance.”

Rothman’s philosophy is strongly tied into charities. She is on the board at Project Lace, (Loving Abandoned Children Everywhere). She is also involved with CAST (Coalition to Abolish Slavery & Trafficking), the American Brain Tumor Association, as well as animal shelters and homeless missions.

In fact, in April, UEvolution is launching a special wellness event for volunteers at a nearby homeless shelter – at no charge.

“These are very special individuals volunteering their time to take care of the less fortunate,” Rothman says. “So we wanted to show our appreciation to them – and all community volunteers -- that we care about them and the work they are doing. And we want to help them live a better and more productive and healthier life – a life where they feel great about themselves.”

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