

EXT. FORCE FITNESS - DAY

John Cafferty's "Heart's On Fire" plays over an establishing shot of a gym that looks untouched since the 1980's. Title: Pittsburgh, Pennsylvania.

INT. FORCE FITNESS - AEROBICS STUDIO

COLONEL FORCE, a tough fitness guru who loves the 80's, teaches an aerobics class to FIVE SENIOR CITIZENS. The Colonel is wearing short shorts, an Air Force tank top and a white head band. The class of seniors are doing their best to keep up.

Colonel Force transitions from alternate reaches to marching steps. The class struggles to follow at various intervals.

COLONEL FORCE

We're almost finished. Let's take it home, Soldiers. Hut, two, three, four.

The Colonel starts high knee steps.

COLONEL FORCE (CONT'D)

Cardio is not a plate of Mexican food. It's the key to a long and healthy life! Now march it out!

Completing a high knee step...the Colonel's face contorts in pain, and the Colonel's body goes stiff.

COLONEL FORCE

Tight...tight...tight.

ENTIRE CLASS

Tight...tight...tight

The Colonel's right hand clutches his/her heart as s/he struggles to march on. The class follows the movements, thinking it's part of the routine.

COLONEL FORCE (CONT'D)

Heart's...on...fire!

ENTIRE CLASS

Heart's on fire!

The Colonel beats his/her failing heart like King Kong and the class mimics.

COLONEL FORCE

Go! Go!! Go!!!

ENTIRE CLASS
Go! Go!! Go!!!

The Colonel topples forward, backward and then falls to one knee. Again, the class follows.

COLONEL FORCE
Must...breathe!

ENTIRE CLASS
Must...breathe!

The Colonel clutches his/her heart with one hand, and pounds the floor with the other. The class slaps the floor, too.

COLONEL FORCE
Everything's burning!

ENTIRE CLASS
Everything's burning!

The tape clicks. The music stops. The Colonel falls forward and splays out facedown on the floor. The class of seniors lay on their stomachs and spread their limbs out wide. The Class has no clue their famous instructor just suffered a massive heart attack and is dying in front of them.

COLONEL FORCE
Semper fi!

And with that blaze of glory our Colonel is dead.

END TEASER:

LETS GET PHYSICAL