



Class Descriptions

813.949.4120

23600 State Rd 54 Lutz, FL 33559

info@jakefitnessinc.com



Group-X: If you are an experienced athlete or someone new to a fitness class, Group-X will meet your demands and surpass your expectations. Our experienced instructors will provide safe and effective hour long group training classes, which meet the needs of every individual no matter their training experience. This is a regular class.



Max Abs: Tone your abs! This 30 minute class focuses on strengthening your core by targeting the abs and back using a variety of tools and exercises. Some of the routines incorporate bands and medicine balls, while other routines are derived from yoga and Pilates



Cardio Kickboxing: Add a KICK to your fitness routine with a fun and energizing cardio kickboxing class. This hour long class consists of bag work, kicking and punching drills and conditioning exercises aimed at weight loss and improvement in muscle tone, endurance and stamina. Participants unusually burn 400 – 600 calories per hour!



Zumba: A fusion of Latin rhythms and easy to follow fitness moves it's an hour of calorie-burning fun ~ you will love working out! Now you can shed the pounds and have a blast while you're doing it! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.