



Class Descriptions

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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!



Kid-X: A youth fitness program designed for children 7 to 12 to provide overall fitness in a fun, positive, and family friendly environment. Participants will take part in speed, agility, balance, and core strengthening using relays and floor exercises. Kid-X is held the second Saturday of every month. Call the studio or visit the J.A.K.E. Fitness website for exact dates and times.