

JBER Aerobic Fitness Class Descriptions

(current as of June 2026)

Barre Fusion: Barre Fusion is a fun, low-impact, ballet inspired fitness class that focuses on enhancing muscle tone, posture, flexibility and building confidence. The Barre Fusion format includes elements of Yoga, Pilates, Ballet, and FloorPlay. This fusion offers all the benefits of rhythmic movement, high repetition, isometric strength work, athletic dance moves giving you a total body workout. With multiple sessions, your flexibility, posture, and muscle strength will improve.

Bootcamp: Interval Style training with cardio and muscular endurance exercises. Workouts will be varied each session to include a mix of bodyweight exercises, cardio drills and strength training. Class is for all fitness levels and is designed to work you hard in an enjoyable way.

Boss Chick: The Boss Chick Dance Workout is a high intensity hip hop, dance hall, afrobeats fusion twerkout that will have you poppin, lockin, and droppin your way to a bangin' healthy body. The class features dance cardio set to the hottest beats of hip-hop, dancehall, and afrobeats. In addition to discovering your inner-Beyonce you will be sculpting your abs, arms, legs, and booty for a complete full body workout! Come prepared to sweat and dance like never before and burn up to 1000+ calories!

Cycle Bootcamp: A fusion of cycling drills and total body exercises on the floor. A constant back and forth of intensity that engages your mind and body.

Indoor Cycling: A class for all fitness levels, from the novice to advanced cyclist, you won't miss out! A fun, music-filled, and ever-changing variety of hills, sprints, jumps, and endurance training. No two workouts are ever the same, but every workout is the best of all worlds in fat burning and strength building. You will not be disappointed as you ride through simulated terrain; flat coastlines to strong inclines, this class has it all. Guaranteed to give you a great workout, burn fat, build strength, boost metabolism, and make you smile. Come ride with us!

Kickboxing: Cardio with jump ropes fast foot work, lunges, squats, kickboxing moves with punches, jabs, uppercuts, hooks, elbow strikes, round house kicks, side kicks, front and back kicks. Last 15 min of class focusing on the core muscles. A lot of fun! Be prepared to sweat. Bring water a bottle! Great music for motivation!

Pilates: Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement.

PiYo: This class is intended for yoga rebels!!! Fast paced, strength exercises designed to use your body to sculpt your body! PiYo combines Pilates and Yoga with a ZIP to make it fun! All fitness levels welcome...instructors can help modify any movements for all participant fitness levels.

RIP: By Group Rx is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere.

Tai Chi for Health Beginner: Dr. Paul Lam and a team of medical and Tai Chi experts created safe and easy to learn programs with consideration for learner's fitness level to achieve health improvement in various aspects. Tai Chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives. Tai Chi is a Mind-Body exercise that offers both physical and mental benefits. Scientific studies show that tai chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. Also, it improves balance, immunity and reduces stress. Tai Chi is an effective exercise to improve cardio-vascular capacity, strengthening muscles, joints, flexibility, and improving posture. It is Evidence -Based by 35+ medical studies demonstrating their health benefits. The class is a progressive learning program and chooses a set from the following list and according to a group participants' goals.

Tai Chi for Health Intermediate Level: Participants continue to work on increasing balance, joint strength, coordination, flexibility, immunity, and ability to manage stress levels from life events. The class is a progressive learning program and chooses a set from the following options according to participants' goals.

Tai Chi Sword: The class requires certain levels of balance, joint strength, coordination, flexibility, and good posture. Participants need instructor's approval before beginning of the program. The class is a progressive learning program and chooses a set from the following options according to participants' goals.

TRX: Get a total body strength workout using suspension, body weight and intervals. TRX's unique design engages the core to build strength, flexibility and balance.

Turbo Kick: Turbo Kick® is a high-intensity interval training (HIIT) based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength and endurance training sequences and easy-to-follow combinations all coordinated to amped up music. Jab, Cross, Hook, Uppercut!

Water Aerobics: Get a great aerobic workout to music using water resistance! This class is performed in chest high water. It includes a warm up, moderate to intense cardio endurance, resistance training and stretching. This is a low impact exercise option, so it is easy on your joints. It is a great way to improve your flexibility and balance.

Xtreme Hip Hop Step: Xtreme Hip Hop is a step aerobic fitness movement created by certified group and personal trainer Phillip Weeden out of Cleveland, OH. It is a revamp of the traditional step aerobics, it provides the swag of old and new school Hip Hop. The ultimate goal of Xtreme Hip-Hop™ is to breathe life back into fitness and make it fun for all ages, cultures, genders and fitness levels. The mission is to help save lives by encouraging fitness and making it fun and not a chore! We are "Making Step Great Again."

Yoga Sculpt: Toning and sculpting the body with light hand weights, bars, Yoga postures and flows. Focusing on strengthening the core and pelvic floor. Stretch for flexibility. Breath work for focus and calming the mind. Using weights are always optional.

Yoga Flow: This vinyasa-style class has an emphasis on the synchronization of breath with a continuous flow of movement. You can expect sun salutations, balancing postures, twists, backbends, and inversions, all while building heat, strength, flexibility, and mental focus. Modifications and progressions will be available for beginner and advanced yogis.

Zumba: Take the "work" out of workout and see why Zumba is called "exercise in disguise"! Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes and arms. You'll forget you're working out with the sexy, but simple moves to dance music like Merengue, Salsa, Reggaeton, Cumbia, Hip Hop and more. Ditch the Workout...Join the Party!