

Our Boot Camp HIIT class welcomes all abilities and provides a challenging workout regardless of your fitness level. This once-a-week, 8 week class features interval training to include core, strength and cardiovascular training. The five major components of fitness are the focus; Muscle and Joint Strength, Muscular Endurance, Cardiovascular Endurance, Body Composition, and Flexibility. Join Certified Group Fitness Instructor Evonne Cash for this challenging workout! All classes will take place at JAC. A minimum of 7 participants is required, and no more than 12 participants are allowed. The cost is \$79.