



SimplyFit
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FALL 2025 CLASS DESCRIPTIONS

Arms & Abs – This workout is designed to primarily focus on arm and abdominal strengthening and toning. However, exercises will also touch on the shoulders, upper back and chest. Classes are 45 minutes.

Barre Moves – this low-impact workout combines elements of ballet, Pilates, and yoga to build strength, flexibility, and balance. Join us for high-repetition movements and isometric holds with light weights, resistance bands, or small balls to target muscle fatigue. Classes are 55 minutes

Booty Blast - This workout is a great way to sculpt and strengthen your lower half – mainly the glutes!! All fitness levels are welcome; we can't wait to see you there! Classes are 55 minutes.

HIIT - This class combines a variety of higher intensity, body weight exercises and other combinations of cardio and strength exercises that result in a high caloric burn, cardiovascular training, core strengthening. This is a great workout for all fitness levels. Classes are 55 minutes.

Line Dancing - This workout is designed to get your heart rate up with fun and easy to follow line dance moves. Join us for some fancy foot work and a good time while you burn some calories! Classes are 55 minutes. EVERYONE is welcome

Strength & Toning - This workout is a full body workout. Using dumbbells and your own body weight you will go through a variety of exercises which focus on increasing strength and toning the muscles. Squats, lunges, shoulder press, bicep curls are just a few of the staple exercises. Classes are 55 minutes.

Yoga This practice focuses on the release of tension along the spine, in the hips, and in the major muscle groups. The practice is confined to the mat-postures are seated, kneeling, and reclining with attention to slow and deep breathing, while maintaining poses through several breaths. Classes are 55 minutes.

Zumba - We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba combines all elements of fitness: cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesomeness each time you leave class. Classes are 55 minutes.