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Personal Trainer, AFFA Group Fitness Instructor, RockSteady Boxing Coach, Les Mills Body Combat™, Les Mills Body Pump™, American Red Cross CPR and First Aid, Precision Nutrition Level 1 Coach. Jenna Rose teaches the following classes: Cardio, Kick Sculpt, and HIIT .  
Jennifer Flook

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High-intensity interval training (HIIT) is a training protocol alternating short periods of intense or explosive anaerobic exercise with brief recovery periods until the point of exhaustion, which thereby relies on "the anaerobic energy releasing system almost maximally." The method involves exercises



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performed in repeated quick bursts at maximum or near maximal effort with periods of rest or ...

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