

# EVOLUTION OF FITNESS



## AEROBICS & JAZZERCISE

Aerobics was introduced to increase breathing and heart rate. These workouts consisted of the famous Jazzercise, water classes, kickboxing, and yoga.

'70-  
'80s

'90s

## BRING THE INTENSITY

Exercise videos stepped up their game - literally. Exercise trends were step aerobics, spin, Tae-Bo, and Pilates.

## TURN OF MILLENNIUM

Top 2000's trends got you moving with Latin-based dance classes such as Zumba, and high-intensity competitions like Crossfit.

'00s

'10s

## 2010 AND BEYOND

New ideas have emerged, including fitness technology. Today in the fitness industry we see HIIT workouts, the Peloton, and usage of smart watches as top trends.