

FOR IMMEDIATE RELEASE

JumpFit Now Launches High-Energy, Low-Impact Rebounding Fitness Classes with Jumping Boots in Campbell and all the South Bay Area

Campbell, CA [October 24, 2025] – JumpFit Now is thrilled to announce the launch of its unique rebounding fitness classes, the first of their kind in Campbell and San Jose. These innovative, high-energy workouts are designed to help participants burn calories, lose weight, and protect their joints—all while having fun. Led by fitness enthusiast [Michelle Krohn Davis](#), JumpFit Now offers a full-body workout experience for all fitness levels.

What sets **JumpFit Now** apart is the use of special [rebounding shoes](#), also known as bouncing shoes, which absorb shock and reduce impact on the joints by up to 80%. This makes the workouts especially ideal for those with concerns about their knees, hips, or spine. These rebounding classes are not only gentle on the body but also highly effective for building strength and endurance.

“At JumpFit Now, we believe in combining fitness with fun, while keeping your body safe from strain,” says **Michelle Krohn Davis**, founder of JumpFit Now. **“Our rebounding shoes help absorb the shock, so you can push your limits without the risk of injury.”**

Why JumpFit Now?

- **Special Rebounding Shoes:** Designed to absorb shock, reducing impact on joints by 80%.
- **Low-Impact, High-Intensity:** Achieve a powerful workout without the strain on your knees, hips, or spine.
- **Total Body Workout:** Engage every muscle group for strength building and cardiovascular endurance.
- **Fun and Engaging:** Smile while you sweat in a motivating, energetic atmosphere.
- **Perfect for Injury Recovery:** Ideal for those recovering from leg, knee, or hip injuries.
- **Core Strength Focus:** Improve stability and build a balanced, strong physique.

Fitness instructor **Joanna Bultman** shares, **“After 30 years in fitness, I was hooked on my first Bounce/Rebound class. It’s high intensity, low impact, and perfect for all fitness levels. I’m stronger, more toned, and have greater endurance!”**

JumpFit Now is introducing these groundbreaking classes to **Campbell, Los Gatos, Saratoga,** and **San Jose** for the first time, offering participants the chance to join a fitness revolution that is both safe and effective. With rebounding shoes reducing impact, even the toughest workouts become fun and injury-free.

Classes are launching on Oct. 26, 2024 and are available in-person and will soon offer a virtual option, so you can jump into fitness wherever you are.

Ready to jump into fitness? Visit [JumpFitNow.com](https://www.jumpfitnow.com) to learn more and register for classes today!

About JumpFit Now

JumpFit Now is a cutting-edge fitness program that delivers low-impact, high-intensity rebounding workouts using special bouncing shoes to absorb shock and protect the joints. Founded by **Michelle Krohn Davis**, JumpFit Now is the first to bring these classes to Campbell and San Jose, offering fun, full-body fitness experiences that promote overall well-being. Classes are available both in-person and virtually.

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Jump into fitness today at JumpFit Now, where fun meets effective workouts with rebounding shoes in Campbell, Los Gatos, Saratoga, and San Jose!

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