

## Eve St. John Launches Trio of New Age Interactive Fitness DVDs Unlike AI

Power Cardio Yoga, Personal Training and Total Body Rejuvenation DVDs, by Eve St. John. I've been engaged all the time, so that you get truly remarkable results in as little as 10 minutes. I develop a slate of different training techniques, including Pilates, Tai Chi, Kick Boxing, Yoga, Power Flex, Resist such as Aerobics, Step and Personal Training. But it is the way I pull the most effective aspects of a focused fitness strategy that will burn fat, sculpt, release stress and leave you physically and

Ridgewood, NJ (PRWEB) January 23, 2008 -- Eve St. John has launched a trio of new age in

"The idea of finding one hour to work out is so old school," asserts fitness expert and personal trainer St. John. "I hear one guy say to another, 'Hey Joe, what muscle are you doing today?' 'Today I'm doing my arms and shoulders the next day.' Are they kidding? In my workouts, every possible muscle gets engaged, so that you get truly remarkable results in as little as 10 minutes."

A sought-after class leader and personal trainer for over a decade, St. John developed her signature fitness DVD's by pulling together different training techniques, including Pilates, Tai Chi, Kick Boxing, Yoga, Power Flex, Resist such as Aerobics, Step and Personal Training. But it is the way she pulls the most effective aspects of a focused fitness strategy that is so unique.

Three DVD's inspired by specific needs: Eve St. John, who has been asked for years by her clients to create a DVD while. "I literally couldn't decide what to put in it," she admits with a smile. "People have vastly different moods sometimes, where I care more about how my golf swing feels than how I look in that shirt. I stretch a lot to clear my mind." Then she decided to make a group of DVDs, and the result is a challenging, and most importantly, that get results:

Power Cardio Yoga is for people who love yoga but who want to sculpt and burn fat while they work. It is more intense than many other disciplines and is unlike anything most people have experienced.

Personal Training has three different programs, depending on how much time you have. There is a 10 minute abs section. It includes Eve's Seven Secrets to taking off extra pounds and strength training component, where viewers can contact Eve on the internet and ask her specific questions about fitness. It does not require any equipment beyond two light hand-weights (this could be water bottles or dumbbells) or two paper glossy plates.

Total Body Rejuvenation is for people who want to release tension and improve flexibility. Along with intense core work, it has the following "10 minute Express" sections: Total Body Rejuvenation Improving Your Back, for anyone with back problems; and Athlete's Stretch, a system of stretches for the casual and committed athlete.

A mother of two, St. John got the fitness bug when she was shedding her pregnancy weight. With a background in human resources, the demands of two small children made a typical office job in a boring. She took an occasional aerobics class. As her kids grew, St. John increased her knowledge of cutting-edge fitness and began teaching a roster of diverse classes at renowned area gyms. Now a single mother, "For me, the best reward is when I see results in my clients. Everybody has a personal goal, and it's so incredibly fulfilling. That's why I am always working to find exercises that sculpt and burn as effectively as possible -- and maintain -- their fitness level in a way that makes sense with their busy lives."

"My DVDs take the client seriously," asserts St. John. "They don't waste time with long introductions. Importantly, the workouts move at the same pace as you would find in a class or in a personal

can be done at many different intensity levels, a novice and an expert can work out together, a  
workout by upping their personal intensity level." She adds that giving maximum effort for the s  
essential to swift, noticeable results, and hopes that she will be able to inspire viewers as well

Each DVD is priced at \$29.99 and is currently available at [www.evestjohn.com](http://www.evestjohn.com), or at Bookend  
NJ and all Ramsey Outdoor Stores, and The Gym in NJ locations. Eve St. John was featured  
Magazine ([www.healingartsguide.com](http://www.healingartsguide.com)) click on "Seeds of Innovation" to read about her inspir

For more information, contact Eve St. John at 201-657-1821, or [www.evestjohn.com](http://www.evestjohn.com)