



# jazzercise®

## THE ORIGINAL DANCE-EXERCISE FITNESS PROGRAM

Jazzercise is a 60-minute class of cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kick-boxing, and resistance training and bundled them into one hour. Every Jazzercise class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core and stretching to increase flexibility. Through the use of hand-held weights and exercubes, you will get a total body workout while blasting fat and having fun! All ages, levels, and sizes welcome so come join us today! Registration is taken at class. For more information, visit our website at [www.danapointjazz.com](http://www.danapointjazz.com), call (949) 492-7817 or send an email to: [nbjazzercise@cox.net](mailto:nbjazzercise@cox.net).

**FEE:** \$45 per month + 1x sign-up fee of \$40  
*(Monthly checking debit or MC, Visa, AMEX, Discover Card)*  
 \$15 single visit

**AGES:** Teenager and older  
*(Special student rates available)*

<b>DAYS &amp; TIMES:</b>	<u>Dates</u>	<u>Days</u>	<u>Time</u>
Ongoing		Mon, Tues, Wed, Thurs, Fri	9 am – 10 am
Ongoing		Mon, Tues, Wed, Thurs	6 pm – 7 pm
Ongoing		Saturday	8:30 am – 9:30 am