

JAZZERCISE



JAZZERCISE - IT SHOWS

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! All ages, levels, and sizes welcome, so come join us today.

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 resistance tubes, you will get a total body workout while blasting fat, and having fun!

You'll feel comfortable once you step into class. Jazzercise is a very welcoming and non-competitive environment. Instructors and customers are friendly and helpful, and the moves are simple enough for everyone to follow.

When you love your work-out, results come easy!
Jazzercise.com

JAZZERCISE

The original dance exercise phenomenon! Each 60-minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Our instructors make all the routines fun and easy-to-follow. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and stretching. Weights and mats provided at the center.

JAZZERCISE STEP

Jazzercise's trademark choreography and music are specially adapted to create an original step aerobic class that's anything but routine. Our instructors keep this class fun and easy-to-follow. The low-impact, high intensity workout is a great way to add variety to your personal fitness program. Every class includes a gentle warm up, 30-40-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. Steps and weights are provided at the center. For all fitness levels.

PM Classes at Sandpiper Community Center (SCC) **S**

797 Redwood Shores Parkway, RWC

AM Classes at Dance Mode Studio (DMS)

767 Industrial Road (near Holly Street and HWY 101)

Drop-in or Call 415.608.4394

email: shores_jazzercise@yahoo.com

Easy Fitness Ticket \$45 (monthly electronic transfer)

8-Week Pass \$109

Joining Fee \$49

Childcare available for a small fee for classes marked with an *

Classes at Red Morton Community Center

1120 Roosevelt Ave., RWC

Drop-in or Call 650.458.8190 or 650.367.9566

email: jazzercise.rwc@comcast.net

Easy Fitness Ticket \$49 (monthly electronic transfer)

6-Week Pass \$99

Joining Fee \$49

Childcare available for a small fee for classes marked with an *

RED MORTON CLASS SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		Jazz		Step			
8:00am	Jazz	Step	Jazz	Step	Jazz	Step	
9:00am	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz SCC	Jazz DMS
4:45pm		Jazz		Jazz			
5:45pm	Jazz	Jazz	Jazz	Jazz			
6:50pm	Jazz	Jazz	Jazz	Jazz			

SANDPIPER/DMS CLASS SCHEDULE

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		Jazz DMS		Jazz DMS	Jazz DMS		
9:00am	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz DMS	Jazz* DMS	Jazz SCC	Jazz DMS
6:00pm	Jazz SCC	Jazz SCC	Jazz SCC	Jazz SCC			