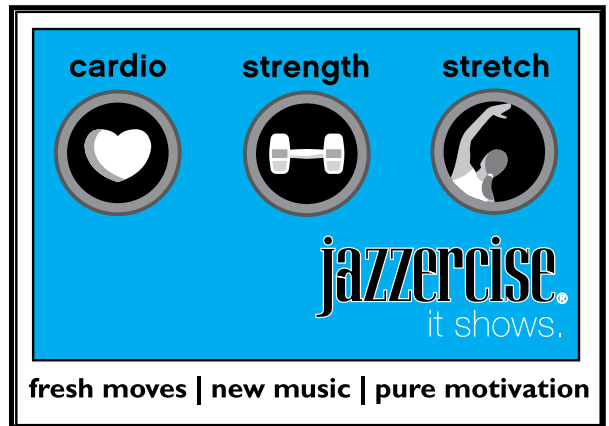


Jazzercise - it shows

Jazzercise is a 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, jazz, Pilates, kick-boxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome.

Got the first-class jitters? You'll feel comfortable once you step into class. Jazzercise is a very welcoming and non-competitive environment. Instructors, as well as customers, are friendly and helpful so you'll never feel alone. The moves are simple enough for everyone to follow. You don't have to have any dance experience so don't worry if you miss a step or two.

What kind of results can I expect? In addition to feeling great, you'll see your cardiovascular endurance, strength, and flexibility increase.



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

Classes by Jazzercise

Jazzercise "Regular": 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 a stretch finale. Weights and mats provided at the center.

Jazzercise Lite: Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate dance aerobics with exercises designed to improve your strength, balance, and flexibility. Whether you are a newcomer, senior, pregnant, or prefer low-impact, you can't go wrong with this popular light version of the original Jazzercise program.

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.

Circuit Training: Featuring a proven combination of aerobic exercise and strength training with weights and resistance tubes, this Jazzercise workout covers all the fitness bases as you cross train your way to a fit and fabulous look. Weights, tubes and mats provided at the center.

Body Sculpting: A muscle toning workout featuring a creative combination of strength training, movements, and stretching.

Classes at Red Morton Community Center
 1120 Roosevelt Ave., RWC
 Drop-in or Call 458-8190 or 367-9566
 email: jazzercise.rwc@comcast.net

Classes at Sandpiper Community Center (SCC)
 797 Redwood Shores Parkway, RWC
 Drop-in or Call 415.608.4394
 email: shores_jazzercise@yahoo.com



Easy Fitness Ticket \$49 (monthly electronic transfer)
 6 Week Pass \$99
 Joining Fee \$49

Easy Fitness Ticket \$45 (monthly electronic transfer)
 8 Week Pass \$109
 Joining Fee \$49

Childcare available on classes with an * only, for a small fee.
 Babies welcome!

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

Red Morton Class Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:10am		STEP		STEP			
8:00am	Jazz Lite		Jazz Lite		Jazz Lite	STEP	
9:00am	Step Circuit*	STEP *	STEP *	Step Circuit*	STEP *	Jazz Reg	Jazz Reg
4:45pm		Jazz Reg		Jazz Reg			
5:45pm	Jazz Reg	Jazz Reg	Jazz Reg	Jazz Reg	Jazz Reg		
7:00pm	Body Sculpt	Jazz Reg	Body Sculpt	Jazz Reg			

AM Classes at Dance Mode Studio (DMS)

767 Industrial Road (near Holly Street and HWY 101)

Sandpiper Class Schedule

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

FITNESS