



jazzercise®

THE ORIGINAL DANCE-EXERCISE FITNESS PROGRAM

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! Registration is taken at class. For more information, visit our website at www.jazzercise.com or call (949)492-7817, or email nbjazzercise@cox.net

FEE: \$45 per month / \$15 Single Visit
 Payments Accepted: MC, Visa, AMEX, Discover Card, Debit or Checking

AGES: High school – Adult
Special student rates are available

DAYS & TIMES:	<u>DATES</u>	<u>DAYS</u>	<u>TIMES</u>
	Ongoing	Monday - Friday	9am -10am
	Ongoing	Monday - Thursday	6pm -7pm
	Ongoing	Saturday	8:30 am - 9:30 am