



PERSONAL TOUCH BY JAZZERCISE

A SMALL GROUP, PERSONAL TRAINING PROGRAM

Kick your workout up a notch! These small group weight training and body sculpting sessions are designed to improve strength and tone muscles. The personalized approach encourages exercise consistency and the attainment of fitness goals. Special attention to movement technique will help you get the most from your Jazzercise workouts. 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: \$80 for 4 weeks / \$25 Single Visit
Payments Accepted: MC, Visa, AMEX, Discover Card, Debit or Checking

AGES: High school – Adult
Special student rates are available

DAYS & TIMES: Dates Days Times
Ongoing Thursdays 7pm – 7:30pm