

jazzercise®

jazzercise

Begins Sunday, Nov 2, 2014



Every Jazzercise® group dance 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, aerobic exercise, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 am						Fitness Studio	
9:15 am	Gym	Gym	Gym	Gym	Gym		Fitness Studio
10:30am						Fitness Studio	
4:15 pm		Fitness Studio		Fitness Studio			Fitness Studio
5:15 pm	Fitness Studio	Gym Express Class	Fitness Studio	Gym Express Class	Fitness Studio		
6:15 pm	Fitness Studio		Fitness Studio				

Jazzercise® members can join the YMCA and receive \$15 off membership fees!

Jazzercise® Fees		
Fees Collected at Class Location	Monthly	Yearly
Jazzercise® Member	\$40	\$30
Y Member	\$25	\$15

For questions about the Jazzercise program, please contact:

Jennifer Smolnick, Owner/Instructor

Portage.jazzercisecenter@gmail.com or call 219.628.0321