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**Shimmy, Shake, Sculpt and Strengthen
With Burlesque and Ballet Body by Jazzercise Home Workout DVDs**

CARLSBAD, Calif. (December 19, 2011) — Jazzercise brings its fun and effective dance fitness workouts into viewer's living rooms with the two latest titles in its home fitness collection, *Burlesque* by Jazzercise and *Ballet Body* by Jazzercise, both available now.

Burlesque by Jazzercise combines sassy, showgirl-inspired moves with cover songs by artists such as Jennifer Lopez, Christina Aguilera and the Pussycat Dolls to create a cardio dance workout that feels more like a girl's night out. Led by Jazzercise President Shanna Missett Nelson, *Burlesque* by Jazzercise focuses on strengthening the core while burning calories and toning the abdominals, arms and legs.

"The *Burlesque* by Jazzercise workout features moves you can take out to the dance club," said Nelson. "You will have so much fun dancing to your favorite songs, you won't even realize you're working out."

In addition to the full 48-minute workout, *Burlesque* by Jazzercise includes a Quick Fit Workout and an Ab & Booty Blast.

Also just released, *Ballet Body* by Jazzercise combines full body, basic ballet movements with the upbeat energy of Jazzercise. The workout aims to strengthen and lengthen muscles with targeted sculpting and toning exercises for the arms, legs, abdominals and glutes.

“*Ballet Body* includes simple movements that anyone can follow,” said Instructor Emily Tyson. “There is no ballet experience required. We demonstrate modifications throughout the DVD so viewers can work at their own pace, or add an extra challenge.”

In addition to the full workout, *Ballet Body* by Jazzercise includes a 20-minute accelerated workout, 10-minute ab burn and 10-minute leg burn workouts.

Both home workout DVDs are available now at jazzercise.com and in the Jazzercise apparel 2011 Holiday Catalog. For more information on the Jazzercise DVD collection, visit <http://www.jazzercise.com/dvd-collection/index.htm>.

Jazzercise, the world’s leading dance fitness program, was founded in 1969 and today hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in all 50 states and 32 countries. Each 60-minute Jazzercise class combines jazz dance, resistance training, Pilates, yoga, kickboxing and Latin movements for a fun and effective total body workout. Benefits include increased cardiovascular endurance, strength and flexibility, along with the ability to burn up to 600 calories in one 60-minute class. For more information on Jazzercise, visit jazzercise.com or call (800)FIT-IS-IT.

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