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JAZZERCISE INTRODUCES LOW IMPACT CLASSES

CARLSBAD, Calif. (May 31, 2011) — It's Jazzercise without the hop! The world's leading dance fitness program has introduced a new class format – Jazzercise Low Impact. Featuring all the benefits of a regular Jazzercise group fitness class, the 60-minute total body workout offers a fusion of jazz, hip-hop and Latin style dance, resistance training, Pilates, yoga, kickboxing movements and more set to today's hottest music. Offered at participating Jazzercise locations worldwide, Jazzercise Low Impact is fitting for all ages and fitness levels and provides a great alternative for fitness enthusiasts who prefer to "pump without the jump."

Other Jazzercise class formats include Jazzercise, Jazzercise Body Sculpting, Jazzercise Personal Touch, Jazzercise Lite, Jazzercise Express and Junior Jazzercise for children. To find a class, go to jazzercise.com or call (800) FIT-IS-IT.

About Jazzercise

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. Judi advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in all 50 states in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, kickboxing and Latin style movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility,

as well as an overall "feel good" factor. For more information about Jazzercise, go to jazzercise.com or call (800) FIT-IS-IT.