

# jazzercise® Providence

ON LOCATION & FITNESS SERIES | SEPTEMBER 10-11, 2004



Judi Sheppard Missett (center) and the Routine Taping Team (l to r) Nancy Brady, Shanna Missett Nelson, Rich Mundy & Chere van Ligten.

## Schedule of Events

Schedule is subject to change without notice.

**Dunkin' Donuts Center**  
One LaSalle Square  
Providence, RI 02903

### FRIDAY, SEPTEMBER 10, 2004

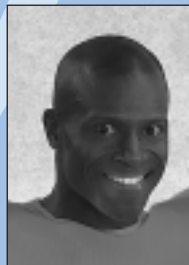
- 2:00pm Event Registration/Shopping Expo Opens
- 4:30pm Active Woman Today  
Discussion regarding health issues, exercise & nutrition
- 5:00pm Jazzercise Theme Class with local instructors
- 6:00pm Jazzercise Lite with Judi Sheppard Missett & Karen Sorensen
- 7:00pm Street Jazz with Tim Roberts & Shanna Missett Nelson
- 8:30pm Shopping Expo Closes

### SATURDAY, SEPTEMBER 11, 2004

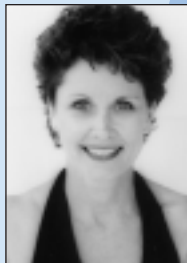
- 8:00am Event Registration/Shopping Expo Opens
- 9:00am Kick It to the Core: Combination kickboxing & core muscle training with Carol Schmidt & Young McCarthy
- 10:00am Jazz Stretch & Strength with Judi Sheppard Missett
- 11:00am Latin Rhythm Workout with Tim Roberts
- 12:00 noon Junior Jazzercise presentation and Jazzercise Lite presentation for Jazzercise Instructors
- 12:00 noon Lunch on your own
- 2:30pm On Location Routine Taping with Judi Sheppard Missett, Shanna Missett Nelson, Nancy Brady, Rich Mundy & Chere van Ligten
- 6:00pm Shopping Expo Closes
- 9:00pm The Strand Night Club  
(Optional Party) \$25/person.  
79 Washington St., Providence, RI 02903  
[www.thestrandri.com](http://www.thestrandri.com) (401)751-2700



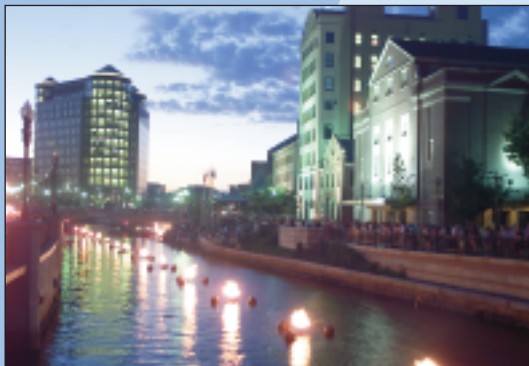
The Westin Providence



Tim Roberts



Carol Schmidt



Providence's Waterplace Park at Night



Young McCarthy

**Full 2-Day Registration Only \$135**

**Register at [jazzercise.com](http://jazzercise.com) or call 1(800)FIT-IS-IT**

