

## Class Formats

### **Jazzercise**

The original dance exercise phenomenon! Each 60-minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. Our instructors make all the routines fun and easy-to-follow. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

### **Jazzercise Lite**

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. Whether you're a senior, newcomer, pregnant, or prefer low impact, you can't go wrong with this popular light version of the original Jazzercise program.

### **Jazzercise Body Sculpting**

Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging 40-50 minute muscle toning workout that features a creative combination of strength training and stretching.

### **Jazzercise Personal Touch**

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.

### **Jazzercise Express**

Pressed for time? Then consider this 30-minute workout featuring a streamlined fusion of strength and cardio conditioning. With targeted intensity and moves, Jazzercise Express provides great calorie-burning, muscle-toning results for even the tightest of schedules.

### **Jazzercise Step**

Jazzercise's trademark choreography is specially adapted to create an original step aerobic class that's anything but routine. The low-impact, high intensity workout is a great way to add variety to your personal fitness program.

### **Jazzercise Circuit Training**

Featuring a proven combination of aerobic exercise and strength training with weights, resistance tubes, and balls, this Jazzercise workout covers all the fitness bases as you cross train your way to a fit and fabulous look.

### **Junior Jazzercise**

The strong exercise habits kids develop now can go a long way in shaping their future. That's why Junior Jazzercise teaches things like coordination, strength and endurance, nutrition, and the importance of physical fitness. Kids ages 6 to 11 experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines to today's most popular music.

### **Jazzercise Team Dance**

Team Dance is designed to introduce preteens and teens to dance, technique, physiology, nutrition, and the many benefits of exercise. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music

**Jazzercise, Inc.**

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