



**JAZZERCISE**  
**The Original Dance-Exercise Fitness Program**

Jazzercise is a 60-minute class of cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kick-boxing, and resistance training and bundled them into one hour. Every Jazzercise class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. Through the use of hand-held weights, exercubes and balls, you will get a total body workout while blasting fat and having fun! All ages, levels, and sizes welcome so come join us today! Registration is taken at class. For more information, visit our website at [www.danapointjazz.com](http://www.danapointjazz.com) or call (949)492-7817, or email [nbjazzercise@cox.net](mailto:nbjazzercise@cox.net)

**FEE:** \$40 per month (checking debit or MC, Visa, AMEX, Discover Card.)  
 \$10 Single Visit

**AGES:** high school – adult (*special student rates available.*)

**DATES**  
 Ongoing  
 Ongoing  
 Ongoing

**DAYS**  
 Mon., Wed., Thurs, Fri  
 Mon., Wed., Thurs  
 Saturday

**TIMES**  
 9:00 am – 10:00 am  
 6:00 pm – 7:00 pm  
 8:30 am – 9:30 am





## **BODY SCULPTING BY JAZZERCISE**

A weight training and stretching class

The Jazzercise Body Sculpting class focuses on specific muscle groups through weight training routines using hand weights, exercise balls, and elastic tubing. With great music as a backdrop, you will strengthen and tone abdominals, upper torso, gluteals and hamstrings, inside and outside thighs, and promote relaxation through stretching. Bring a mat and your own hand weights and exercise ball. Exertubes are available for purchase at class. No aerobic dancing is involved. *Your membership can also be used in all regular Jazzercise classes.* Registration is taken at class. For more information, visit our website at [www.danapointjazz.com](http://www.danapointjazz.com) or call (949)492-7817, or email [nbjazzercise@cox.net](mailto:nbjazzercise@cox.net)

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\$10 Single Visit

**AGES:** high school - adult (*special student rates available.*)

**DATES**  
Ongoing

**DAYS**  
Tuesdays

**TIMES**  
6:00 – 7:00 pm