

jazzercise®

Contact Laura Price for further information

727-512-7770

www.jazzercise.com or

1-800-FIT-IS-IT

laura.price2@verizon.net

Mark your Calendar!

January Jump start w/\$20/mo. For 6 mos.

February Happy Valentine's Day!

March Spring is here! Bring in a friend!

April Specialty classes coming soon!

NEW CUSTOMER OFFER

\$0 JOIN FEE

with auto-pay registration!

* good towards purchase of a Jazzercise class pass. Cannot be applied to walk-in fees or day passes.

Valid for those who have not attended Jazzercise within the past six months. Limit one/customer. Expires 5/31/10.

fresh moves | new music | pure motivation

www.jazzercise.com

jazzercise®

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

Circuit Training
jazzercise®

Interval training format that combines aerobic exercise with strength training with weights and resistance tubes.

jazzercise®
personal touch

Kick it up a notch! These small group weight training & body sculpting sessions are designed to improve strength & tone muscles. The personalized approach encourages exercise consistency & the attainment of fitness goals. Special attention to movement technique will help you get the most from your Jazzercise workouts. (Additional fees apply; see desk for PT schedule.)



Belleair, Clearwater,

Largo, Florida

Laura Price

Certified Instructor &

Personal Trainer

727-512-7770

jazzercise®

ABOUT JAZZERCISE

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 5,800 instructors teaching 20,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility.

JAZZERCISE INSTRUCTORS

Jazzercise was the first aerobic exercise organization to train and certify instructors and it is accredited by AFAA (Aerobics & Fitness Association of America). In the intensive training workshops, instructors learn exercise physiology, human anatomy, and dance/exercise technique. Instructors also learn to advise participants on exercise modifications, pacing, and safety.

All Jazzercise instructors are franchisees. Instructors receive more than 25 dance-fitness routines choreographed to the latest music and then reviewed by a team of exercise physiologists for safety and effectiveness! Each instructor receives NEW routines to the latest music every 10 weeks. Continuing education, marketing, and administrative support are also provided franchisees.

CLASS SCHEDULE

Dimmitt Community Center

Belleair, FL

M & W 5:45–6:45 pm

Saturday 8:30 – 9:30 am

St. Paul's UMC

Highland Ave & Rosary Rd, Largo, FL

T & TH 10:00 - 11:00 am

T & TH 5:00 – 6:00 pm

TH 6:00 – 7:00 pm

Please visit www.jazzercise.com for pricing information and directions.

ASSOCIATIONS & DISCOUNTS

Many health insurance companies are now providing their members with discounts for health club memberships. We are affiliated with the American Specialty Health Network, Emblem Health, Healthways and Preventure IFCN.

WHAT TO WEAR

Wear cool, comfortable clothing that does not restrict your movements and supportive aerobic footwear. Mats and weights are available.

Bring bottled water & a towel. Please arrive 10-15 minutes early to allow yourself time to fill out an information card and get acquainted with your classmates and instructor.

To try **BASIC movements** performed in class, go to www.jazzercise.com and click on "Learn the Moves".

jazzercise®

cardio



strength



stretch



INSTRUCTOR BIO

Laura Price Laura became a certified instructor in 1992 after several years of participation in the program. Laura has taught all the Jazzercise formats, is a certified Personal Trainer and is CPR certified. She receives continuing education in all aspects of dance and exercise physiology from Jazzercise, Inc and is required to pass written and performance evaluations each year.

Jazzercise, Inc. is accredited by the AFAA (Aerobics & Fitness Association of America) and has been in existence for over 35 years.

Laura is a Jazzercise franchise owner and worked for Jazzercise corporate headquarters in California for over three years. She has extensive business knowledge and skills, a B.S. degree in business.

Laura is dedicated to demonstrating high, medium and low impact movements to BEST suit your needs! Her much appreciated staff includes: Holly Berry, Nancy Musick & Mariann DiGiovanni.