

Push Your Body.
Find Your Beat!



When you love our workout,
results come easy.
That's why Jazzercise blends
Cardio, Yoga, Pilates,
& Kickboxing movements
into fun dance routines
set to fresh new music.
All fitness levels are welcome.

jazzercise[®]
253-298-2900
jazzercise.com



I'm in the
BEST SHAPE
of my life.

What a difference
Jazzercise makes.

Cheryl Burke
Two-time Champion
Dancing with the Stars

jazzercise[®]

Summer 2011 Class Schedule
253-298-2900 • jazzercise.com

For worldwide information call (800) FIT IS IT



What is Jazzercise?

- Jazzercise is the world's largest dance-fitness program.
- You don't exercise to background music-you'll DANCE to the latest music!
- All of our movements have been reviewed by an exercise physiologist for safety and effectiveness.

Is it aerobic?

Is it low impact?

- Part of the 1-hour class concentrates on aerobic activity and improving cardiovascular fitness.

- Jazzercise combines no-impact, low-impact, and impact movements. The instructor demonstrates the BEST moves for you!
- Jazzercise focuses on coordination, balance, flexibility, posture, and muscle toning.

What are the instructor credentials?

- Each Jazzercise instructor is professionally trained and certified by Jazzercise, Inc. Jazzercise is accredited by AFAA (Aerobics & Fitness Association of America).
- All instructors are CPR certified and receive continuing education in all aspects of dance and exercise physiology.

What do I wear?

- Wear comfortable clothing that does not restrict your movement and allows for sweat evaporation. Athletic shoes with good support are highly recommended.

What do I bring?

- Please bring a mat and hand weights. Tubes are provided when needed. Be sure to bring a water bottle and towel.



jazzercise[®]

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30 am						X	
9:15 am (childcare available)	X	X	X	X	X		
4:30 pm	X	X	X	No class	X		
5:45 pm	X	X	X Body Sculpting	X	No class		

Class Location

Valley Dance Center
1705 Willow Street, Sumner, WA 98390

Option Pricing*

Option pricing gives you the flexibility to choose the plan that is right for you. All monthly options include unlimited classes. EFT options provide the convenience of an automatic monthly deduction from a credit/debit card or bank account. You may cancel any time for a nominal fee.

No refunds or credits will be issued.
Accounts may be placed on hold for medical reasons only.

12 Month EFT Option

\$39 per month \$25 joining fee
(\$9.75 per week, 12 month minimum)

6 Month EFT Option

\$44 per month \$35 joining fee
(\$11.00 per week, 6 month minimum)

2 Month Pass Option

\$49 per month \$45 joining fee
(\$12.25 per week)

Single Class\$12

**Prices DO NOT include tax*

Childcare

Available Mon-Fri, 9:15 am only.
\$2.00 per class, per child
No sick children please.

Cash, Check, & VISA/MC Accepted
\$30.00 NSF fee on all returned checks.
Prices and schedule subject to change without notice.

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.

Each class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

Jazzercise Body Sculpting

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



To view basic movements performed in class go to jazzercise.com.