

Presents

AEROBICS

at *The Center*

Rancho Santa Susana Community Center
5005-C Los Angeles Avenue

**\$25/month for unlimited classes
or \$5/day**

~ No Initiation Fee ~



- * Shower facilities available
- * "Sportwoodplus Ultra" wood floor system
- * Steps, resistance bands, mats, hand weights and excellent sound system provided



SCHEDULE

MORNING

| | | |
|-----------------|---------|--------------|
| TUESDAY | 9:00 am | • Jazzercise |
| THURSDAY | 9:00 am | • Jazzercise |
| SATURDAY | 8:00 am | • Jazzercise |

AFTERNOON/EVENING

| | | |
|------------------|---------|--------------------|
| MONDAY | 4:30 pm | • Jazzercise |
| | 5:30 pm | • Interval Step |
| | 6:30 pm | • Jazzercise |
| TUESDAY | 5:30 pm | • Interval Step |
| | 6:30 pm | • Jazzercise |
| WEDNESDAY | 4:30 pm | • Jazzercise |
| | 5:30 pm | • Step |
| | 6:30 pm | • Stretch and Tone |
| THURSDAY | 5:30 pm | • Circuit |
| | 6:30 pm | • Jazzercise |
| FRIDAY | 6:00 pm | • Basic Training |

See class descriptions on back.

If you have any questions, please call (805) 584-4456.

CLASS DESCRIPTIONS

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|------------------|---|
| BASIC TRAINING | Students rotate through a series of stations where a variety of equipment is utilized to strengthen muscles and provide a complete overall body workout. |
| CIRCUIT | A combination class that includes an aerobic workout and muscle conditioning using hand weights and resistance bands. |
| INTERVAL STEP | An aerobic workout on the step, plus muscle conditioning using bands and hand weights. |
| JAZZERCISE | Nationally choreographed dance fitness program designed for all levels. Don't miss this energizing workout! |
| STEP | This workout is designed for all levels of fitness. Each class is taught according to your individual abilities. All instructors are trained to show you variations in the intensity for beginning to an advanced workout. You decide your own level. |
| STRETCH AND TONE | Stretching is an essential element to all physical activity. Class focuses on stretching out all areas of the body with some light muscle conditioning. No cardio. |