

AEROBICS

at *The Center*

Rancho Santa Susana Community Center
5005-C Los Angeles Avenue
(805) 584-4456

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

*Steps, resistance bands, mats, and hand weights provided

SCHEDULE

MORNINGS

MONDAY	8:30 am	• Jazzercise
TUESDAY	8:30 am	• Jazzercise
WEDNESDAY	8:30 am	• Jazzercise
THURSDAY	8:30 am	• Body Sculpting
FRIDAY	8:30 am	• Jazzercise
SATURDAY	8:00 am	• Jazzercise

AFTERNOON/EVENINGS

MONDAY	4:30 pm	• Jazzercise
	5:30 pm	• Jazzercise
	6:30 pm	• Jazzercise
TUESDAY	4:15 pm	• Step
	5:30 pm	• Jazzercise
	6:30 pm	• Jazzercise
WEDNESDAY	4:30 pm	• Jazzercise
	5:30 pm	• Jazzercise
	6:30 pm	• Body Sculpting
THURSDAY	4:15 pm	• Step
	5:30 pm	• Jazzercise
	6:30 pm	• Jazzercise
FRIDAY	5:30 pm	• Jazzercise Express
	6:00 pm	• Jazzercise Circuit

See class descriptions on back



CLASS DESCRIPTIONS

JAZZERCISE

The original dance exercise phenomenon! Each workout is an energizing mix of dance and muscle toning movements choreographed to today's hottest music.

JAZZERCISE CIRCUIT

A proven combination of aerobic exercise and strength training with weights, bands, and resistance tubes.

JAZZERCISE EXPRESS

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

STEP

A powerful workout consisting of choreographed step patterns. An invigorating experience for both body and mind. You choose the intensity. Variations of movements are demonstrated to accommodate both beginning and advanced levels.

BODY SCULPTING

Looking to build strength and muscle tone? Weights and tubes are incorporated into this Jazzercise workout to help build muscle and tone all areas of the body.