



RANCHO SIMI RECREATION AND PARK DISTRICT

Presents

AEROBICS

at *The Center*

Rancho Santa Susana Community Center
5005-C Los Angeles Avenue

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

~ No Initiation Fee ~



- "Sportwoodplus Ultra" wood floor system
- Steps, resistance bands, mats, and hand weights provided

SCHEDULE

MORNING

MONDAY	9:00 am	• Jazzercise
TUESDAY	9:00 am	• Jazzercise
WEDNESDAY	9:30 am	• Jazzercise
THURSDAY	9:00 am	• Jazzercise
FRIDAY	9:30 am	• Jazzercise
SATURDAY	8:00 am	• Jazzercise



AFTERNOON/EVENING

MONDAY	4:30 pm	• Jazzercise
	5:30 pm	• Step
	6:30 pm	• Jazzercise
TUESDAY	4:15 pm	• Step
	5:30 pm	• Jazzerstep w/weights
	6:30 pm	• Jazzercise
WEDNESDAY	4:30 pm	• Jazzercise
	5:30 pm	• Jazzerstep
	6:30 pm	• Muscle Conditioning
THURSDAY	4:15 pm	• Step
	5:30 pm	• Jazzercise
	6:30 pm	• Jazzercise
FRIDAY	6:00 pm	• Circuit Training

See class descriptions on back.

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

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 TRAINING

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

JAZZERSTEP

This fun fusion of Jazzercise and Step provides the energy of Jazzercise with the added challenge of the step.

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.

MUSCLE tubes CONDITIONING

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

