

Jazzercise®

in the St. Martin's Activity Center

Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout.

- Supportive, fun environment
- Evening and weekend classes
- Popular music, including Top 40, funk, country, and classics
- Moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and more
- All sizes and fitness levels welcome - we fit everybody!

Come see what Jazzercise is all about! Your first class is FREE!

Weekend Class:

- Saturday at 9:00 a.m.

Evening Classes:

- Monday thru Friday at 4:45 p.m.
- Monday thru Thursday at 6:00 p.m.

Class Pricing

Electronic Funds Transfer . . . or Easy Fitness Ticket: \$39 per month

Two-month Pass: \$96

Joining Fee: \$25

Attend as many classes as you like! **No Joining Fee for St. Martin's Members!**

fresh moves + new music + pure motivation

For more information, please contact Certified Jazzercise Instructor

Michael Chandler ~ 713-822-9189 ~ jazzermike@sbcglobal.net

or www.jazzercise.com (800) FIT-IS-IT

Please fill out and sign Activity Center release form for this activity.

