


## TRY A FREE CLASS MONDAY, March 15, 2010

- You and a Friend are invited to attend our **St. Patrick's "Mind Your Steppin" Free pre-St. Pat's Class**. Please join us! Our special deal that day only is to Jazzercise until **May 31, 2010** for only **\$64** (cash or check). **With 8-10 classes a month, it works out to less than \$3 a class**. Class pass expires 5/31/2010. This is a one day event!

### March Class Schedule

MARCH	Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise	5:30 PM		5:30 PM	5:30 PM	
				Express	
			No Class March 10 & 17		

### April Class Schedule

APRIL	Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise	5:30 PM		5:30 PM	5:30 PM	
				Express	
			No Class April 21		

**Jazzercise:** The original dance exercise phenomenon! Each 60-minute workout is a fusion of 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. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

**Jazzercise Express Format:** This 30-minute workout features a streamlined fusion of strength and cardio conditioning. With targeted intensity and moves, Jazzercise Express provides great calorie-burning and muscle-toning results.

**Location:** Room NE1-205 of the Lerner Research Institute.

#### Jazzercise Pricing:

Monthly Employee EFT (auto-pay) Membership: \$25  
 8 Week Class Pass - \$64  
 Day Pass - \$10  
 EHP and Non-EHP Plan Members Welcomed