



**Schedule of Events**

**NEW!!!**

Day	Length of Class	Time	Comments
<b>Hula Hoop Classes Starting Tuesday, December 20, 2011</b>			
Tuesdays		10:30 a.m.	
Wednesdays		4:30 p.m.	
Thursdays		10:30 a.m.	

***Get in the routine – but out of the rut!!***

Day	Length of Class	Time	Comments
Monday's	Zumba (30)	11:30 a.m. – Noon	
	Zumba (30)	Noon – 12:30 p.m.	
	Zumba (75)	6:00 p.m. – 7:15 p.m.	
Tuesday's	Group Fit	9:15 a.m. – 10:15 a.m.	
Wednesday's	Group Fit	9:00 a.m. – 10:00 a.m.	
	Zumba (30)	11:00 a.m. – 11:30 a.m.	
	Zumba (75)	6:00 p.m. – 7:15 p.m.	
Thursday's	Group Fit	9:00 a.m. – 10:15 a.m.	
Friday's	Group Fit	9:30 a.m. – 10:30 a.m.	
	Zumba (30)	11:00 a.m. – 11:30 a.m.	

*See next page for more information*

**SPECIAL SAVINGS**

▶ Grand Opening Special -- December 13 – January 13    1/2 Price Punch cards.

## **CLASS DESCRIPTIONS/ J'Studio**

- Zumba 30** Great for those people who have tight, busy schedules, but still want to get to that fat burning zone and feel like you have worked out your whole body. This class will do the job in just 30 minutes.
- Zumba 50** “Come on ‘n dance”. Join in on the fun and burn the calories with a total body workout.... Zumba’s moves incorporate abs, lower body and upper body. “Come on and let me show you how!!!”
- Zumba 75** “Join the Party” This is for those of you who can’t get enough of Salsa’s, Merengue’s, Samba’s and Cumbias. We will dance (workout) to about 12-15 songs. It’s like “girls’ night out” without the calories. Abs will be focused on during the last 15 minutes of the class... But don’t worry, we work the core throughout class too.
- Group Fit** (1 hour) This is right class to add to any workout schedule. You will benefit from cross-training and adding this class. Class includes some weight training,, resistance, core, balance and high/low interval training. This class can be modified for beginners to advance members. Another total body workout. ☺

**Inquire about classes prices, discounts and use of punch cards. You can save money and have fun too.  
e-mail – [jenj.9903@gmail.com](mailto:jenj.9903@gmail.com)**

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