

When you love your workout,
results come easy. That's why
Jazzercise blends aerobics,
yoga, Pilates, and kickboxing
movements into fun dance
routines set to fresh new music.
All fitness levels welcome.

fresh moves / new music / pure motivation

Diane Sheets

Certified Instructor/
Franchise Owner

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Facebook: Fremont Jazzercise Fitness Center

DIRECTIONS

Located on top of the Hill
Next to Fort Stephenson and directly
behind First American Title

Cardio



Strength



Stretch



jazzercise®
Fremont Jazzercise Fitness Center
610 West State St.
43420



60 minutes. Up to 600 calories.
One HOT dance floor.

Jazzercise Fitness Center
Of Fremont
610 West State St.
Fremont, OH 43420

(419)334-8005

Winter 2012
jazzercise®

(800) FIT-IS-IT jazzercise.com

Variety of Formats

Jazzercise Regular (R)

The most popular format, this 60-minute workout blends dance and muscle toning movements choreographed to today's hottest music including Top 40, jazz, funk, techno, country and classics. Our instructors make all the routines fun and easy-to-follow. Every class includes a warm-up, a 30-minute cardio segment, strength training with weights and a stretch finale

Jazzercise Body Sculpting (B)

Sculpted arms, a strong core, tight glutes and firm legs are the focus of this challenging 50-minute muscle toning workout that features creative weight training using weights, fit balls and resistance bands.

Jazzercise Express (E)

Pressed for time? Then consider this 30-minute workout fusing strength and cardio conditioning. With targeted intensity and moves, Express provides great calorie-burning and muscle toning results for the tightest of schedules.

Jazzercise Lite (L)

A low impact & modified class to meet the needs of active older adults, those new to exercise or with physical limitations due to weight, pregnancy & post-pregnancy conditions, recovering from an injury or for any reason you may have to start on the "Lite" side of Jazzercise.

Jazzercise Step (S)

Jazzercise' trademark choreography is specially adapted to create an original step aerobic class that's anything but routine. This low-impact, high intensity workout is a great way to add variety to your personal fitness program. Steps provided.

Junior Jazzercise

For children in Grades 1-4. A non-competitive environment where your child will learn the importance of exercise and feel successful in a child-friendly setting. Juniors runs in sessions. Please call (419) 334-8005 for details and dates.

SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am		R		R			
7:00am						R	
8:00am	R	R	R	R	S	R	S
9:15am	R	R	BS	R	R	S	
12:15pm	E		E	BS			
4:15pm	R	R	R	BS			R
4:30pm					E		
5:30pm	R	R	R	R			
6:30pm			R				
7:00pm	R	R		S			

See explanation of class formats to the left.

PRICING

Exercise Your Options!

12 months - \$39/mo \$50 joining fee

6 months - \$44/mo \$75 joining fee

(Auto deduction from a checking or credit card account)

\$12 day pass

Student Pricing

\$25/mo or \$5 day pass

(Full-time students up to 25 yrs. old, must show valid school i.d.)

CHILDCARE

(\$1 per child per class)

9:15am M-W-F

4:15pm M/W

5:30pm T/Th

We're Different. Let us tell you how.

You won't get "lost" in the crowd.

Our staff and clientele are friendly, supportive and nurturing. WE CARE.

You will never be bored.

We use original music and original artists. Music that you love – old and new and all genres.

All of our clients don't have perfect bodies.

Some do. Most don't. Perfect is not the goal but being healthy and fit in your own wonderful body is.

You won't feel like "two left feet."

Sure, you may zig when we zag at first, but you will catch on in no time. Our instructors TEACH and give OPTIONS so that you are successful from the beginning.

You will be challenged but not intimidated.

Our choreography is exciting and fun and always a surprise as we mix the new with the familiar.

You will be MOTIVATED and EDUCATED.

Our instructors are trained and certified to teach! They are educators and motivators. They will inspire you to do your best and help you achieve your goals. They will keep you safe!

You will love how it feels!

You will have fun and actually look forward to your next class! You will have more energy, you will get stronger and you'll feel so good about yourself.

You will get a GREAT workout!

Cardiovascular exercise combined with strength training and stretching is a winning combination to burn fat and calories and build muscle mass. The variety of formats offers cross-training options for maximum benefits.