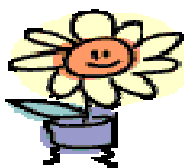


MAY 2012



jazzercise®

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	2 <u>8:00 AM</u> Courtney	3 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Kristi	4 <u>9:30 AM</u> Courtney	5 <u>8:00 AM</u> Nicole
6	7 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Kristen	8 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	9 <u>8:00 AM</u> Courtney	10 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Kristi	11 <u>9:30 AM</u> Courtney	12 <u>9:30 AM</u> Courtney
13	14 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Kristen	15 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	16 <u>8:00 AM</u> Courtney	17 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Kristi	18 <u>9:30 AM</u> Courtney	19 <u>9:30 AM</u> Courtney
20	21 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Kristen	22 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	23 <u>8:00 AM</u> Courtney	24 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Kristi	25 <u>9:30 AM</u> Courtney	26 <u>8:00 AM</u> Nicole
27	28 <u>9:00 only</u> Courtney HAPPY MEMORIAL DAY	29 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	30 <u>8:00 AM</u> Courtney	31 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Kristi		

**WELCOME TO
JAZZERCISE AT
COOL SPRING
REC CENTER**



Reminder:

Get your friends to come Jazz with you for a week free and when they decide to join (EFT) you will receive \$20 in cold cash!

Pricing:

\$40/mo Easy Fitness Ticket (EFT)
 Unlimited classes!
 \$35/mo Church members OR Senior Citizens (60+)
 \$25 Joining Fee
 \$10 24 hr. pass
 Crossovers Welcome

Tammy Billups
 Instructor/Class Owner
 804-339-3106
tammybillups@comcast.net
www.jazzercise.com
 Join us on Facebook@
 Mechanicsville Jazzercise

CLASS NEWS

JAZZERCISE- Combines elements of jazz dance, resistance training, Pilates, yoga, kickboxing and more to choreographed music including Top 40, jazz, country, funk and classics. Students mirror the instructor, who shows both high and low impact options throughout the class.

* **JAZZERCISE LOW IMPACT CLASS** - Get all the benefits of a regular Jazzercise class without the hop! This 60-minute workout blends dance and strength training movements with today's hottest music. Jazzercise Low Impact is the perfect option for those that want to improve cardiovascular fitness, balance and flexibility.