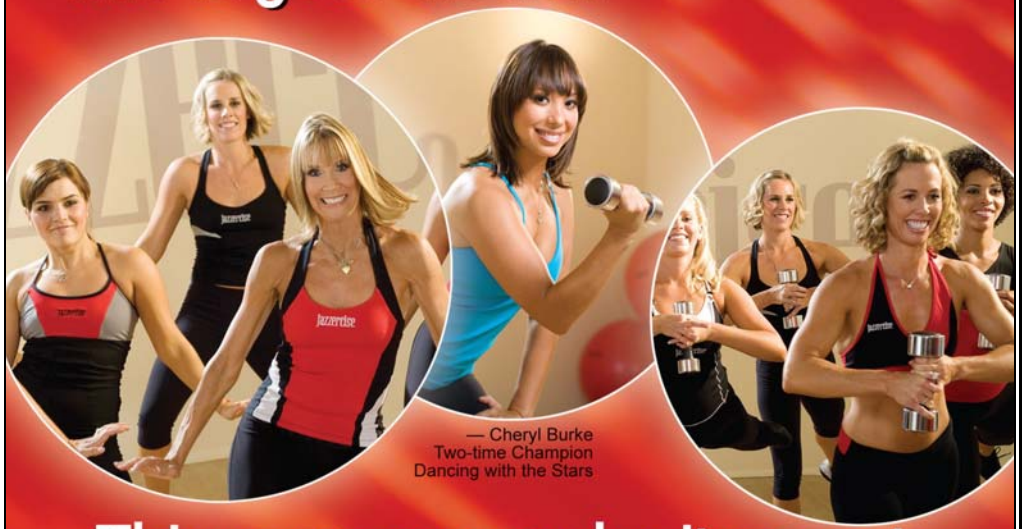


jazzercise®

FREE Class
Thursday,
March 25th

12:10-12:40pm
Room 710
7th Floor
County
Administration
Building

This is your hour...



This summer, make it count.

Overview

Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh new music. All fitness levels are welcome! Low and high impact options are demonstrated during class.

Our 30-minute, lunchtime class will include a gentle warm up, 15+ minute aerobic workout, muscle toning and strengthening routines and a stretch finale. In 30 minutes, we'll work on improving your cardiovascular fitness, coordination, balance, flexibility, posture, and muscle tone. Jazzercise combines no-impact, low-impact and impact movements. The instructor demonstrates the options...and you choose the best moves for you!

To Attend, Please RSVP

Please RSVP by emailing your name to info@jazzercincinnati.com. (In the Subject line put 'Class at CAB'). Class will be limited to first ten people who RSVP. At the March 25th class, participants will receive a pass to attend any downtown class **at no charge** for one week.

Come Prepared

Please arrive by noon to sign liability waiver and share your contact information with us. Wear comfortable clothing that does not restrict your movements and allows for sweat evaporation. Also be sure to bring a water bottle and towel.

Instructor

Robyn Bancroft is the owner of Downtown Cincinnati Jazzercise which has been serving the health and fitness needs of the downtown community for five years. Robyn has been a certified Jazzercise instructor since 2003.

jazzercincinnati.com • 513-325-8625