

FEBRUARY 2012



jazzercise®

SUN	MON	TUE	WED	THUR	FRI	SAT	
			1 <u>8:00 AM</u> Courtney <u>3:45 PM</u> Jr. Jazz <u>6:30 PM</u> PureMuscle	2 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristi <u>7:15 PM</u> Tammy	3 <u>9:30 AM</u> Courtney	4 <u>8:00 AM</u> Courtney	
5	6 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Tammy	7 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	8 <u>8:00 AM</u> Courtney <u>3:45 PM</u> Jr. Jazz	9 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Tammy	10 <u>9:30 AM</u> Courtney	11 <u>8:00 AM</u> Tammy ***** SWEATIN WITH YOUR SWEETY	
12	13 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Tammy	14 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	15 <u>8:00 AM</u> Courtney <u>3:45 PM</u> Jr. Jazz	16 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Tammy	17 <u>9:30 AM</u> Courtney	18 <u>8:00 AM</u> Courtney	
19	20 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Tammy	21 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	22 <u>8:00 AM</u> Courtney <u>3:45 PM</u> Jr. Jazz	23 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Kristen <u>7:15 PM</u> Tammy	24 <u>9:30 AM</u> Courtney	25 <u>8:00 AM</u> Tammy	
26	27 <u>8:00 AM</u> Courtney <u>9:30 AM</u> Courtney <u>6:00 PM</u> Tammy	28 <u>*9:30 AM</u> Tammy <u>6:00 PM</u> Nicole <u>7:15 PM</u> Courtney	29 <u>8:00 AM</u> Courtney <u>3:45 PM</u> Jr. Jazz	JR. JAZZERCISE ON WEDNESDAY'S 3:45PM IT'S NOT TOO LATE TO SIGN UP!			

ANNOUNCEMENTS
WELCOME TO
JAZZERCISE AT
COOL SPRING REC
CENTER



****SWEATIN WITH**
YOUR SWEETY
 BACK BY POPULAR
 DEMAND! BRING
 YOUR SWEETY TO
 CLASS AND BE
 ENTERED FOR
 DOOR PRIZES!
 EXTRA CLASS
 POINTS!

Pricing:
 \$40/mo Easy Fitness
 Ticket (EFT)
 Unlimited classes!
 \$35/mo Church members
 OR Senior Citizens (60+)
 \$25 Joining Fee
 \$10/class Walk-in
 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 choreographed to 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.