

jazzercise®



Cardio ~ Stretch ~ Strength

Jazzercise Circuit Class **4 WEEKS for \$40**

The Jazzercise Circuit Class is a 55 - 60 minute cross-training class. The circuit format intersperses strength training routines among aerobic routines for a total body workout. This class offers you a great opportunity to tighten and tone while enjoying a good cardio workout.

Students will use a variety of exertubes and weights to get the most out of this workout. Students will need to bring weights (3-5 lbs) and mats/towel for floor routines. Exertubes will be provided.

Tuesdays & Thursdays at 6:00 PM
(March 16 – April 8)

Class held at Yorkville Elementary School

Register at the Union Grove Village Hall
925 15th Ave Union grove
Questions : Please call Kim @ 262-902-7917