

jazzercise

cardio



strength



stretch



fresh moves | new music | pure motivation

Parks & Recreation
THE COLONY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am				9:15am	8:30am
6:30pm	6:30pm	6:30pm	6:30pm		

**Morning classes are held at The Colony Recreation Center.
Evening classes are held at Morningside Elementary.**

- \$25 joining fee
- Aerobic training - intensity variety
- Muscle toning
- FUN!
- Bring a friend!

Each 60-minute class includes:

- Warm-up
- 30+ minute aerobic workout
- Muscle toning and strengthening
- Full-body stretch

Current Pricing Schedule:

- Jazzercise Monthly EFT* Ticket \$35
- Jazzercise 8-Week Ticket \$88
- Walk-In Class \$ 9

*EFT = Electronic Funds Transfer

For more information contact:

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The Colony PARD (972)625-1106



*Get ready for the
holiday season!
Try Jazzercise today!*

jazzercise

www.jazzercise.com

Jazzercise is a Parks and Recreation Department sponsored program.