

# FEBRUARY 2010



# jazzercise.

SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2 Ground Hog Day!	3	4	5 Wear Red To Support Heart Foundation	6 Bikini Body Begins 10:30 Jazz it Off
7	8	9	10 10:30 Bikini Body	11	12 5:45 Bikini Body	13 10:30 Bikini Body
14 Valentine's Day! 	15  No Downtown Classes	16	17 10:30 Bikini Body Ash Wed	18	19 5:45 Bikini Body	20 10:30 Bikini Body
21	22	23	24 10:30 Bikini Body Personal Touch Starts!	25	26 5:45 Bikini Body	27 10:30 Bikini Body
28	Special thanks to those that helped out painting and making repairs to the Center, we truly could not have done it without you!					

**JAZZ IT OFF COMPETITION!**  
**BEGINS FEBRUARY 8<sup>TH</sup> AND RUNS THROUGH APRIL 24<sup>TH</sup> MONTH \$30**

NEED TO SHED SOME HOLIDAY POUNDS???  
 WANT SOME HELP?  
 6 WEEK CLASS, OFFERING INITIAL BODY FAT COMPOSITION, WEEKLY WEIGH IN'S, NUTRICIAN INFORMATION AND ONE FREE PERSONAL TRAINING CLASS! (\$20 VALUE)  
**WINNER RECEIVES A ONE HOUR MASSAGE!**

LOOK FOR OUR **NEW PUNCH CARDS!**  
 CHILD CARE & PREPAID WATER! BUY 10 BOTTLES GET ONE FREE!  
 SEE CLASS MANAGERS FOR DETAILS

**PERSONAL TOUCH STARTS FEBRUARY 24<sup>TH</sup>!**  
**CONGRATULATIONS!**  
 TO ROBIN SZARVAS FOR PASSING WORKSHOP!

**Happy Birthday!**

Kathie Rowe, 10  
 Martha Robinson, 11  
 Sue Waikem, 15  
 Robin Szarvas, 16  
 Troy Rowe 19,  
 Margie Jackson, 22  
 Carole Blanchard, 25

