

jazzercise®



We're Different!

Let us tell you how!!

You won't get "lost" in the crowd.

Our Staff and clientele are friendly, supportive and nurturing. WE CARE.

You will never be bored.

We use original music and original artists. Music that you love—old and new!

All of our clients don't have perfect bodies.

Some do. Most don't. You will meet people who are at your fitness level with the same goals as you. No one is "checking anybody out." Everyone is there to have fun and get fit.

You won't feel like a "klutz."

Sure, you may zig when we zag at first, but no one is watching..they're too busy trying to figure out what they are doing! Our teachers TEACH and give OPTIONS. You will be successful from the beginning!

You will not be required to sign a contract.

There are none. You can pay as you go, monthly or bimonthly—you can choose!

You will be challenged but not intimidated.

Our choreography is exciting, fun, funky, jazzy and always a surprise, as we mix the new with the familiar to surprise and uplift you.

You will be MOTIVATED and EDUCATED.

Our instructors are trained and certified to teach! They are teachers and motivators. They will inspire you to do your best and teach you how to achieve your goals. They will keep you safe!

You will love how it feels!

You will enjoy yourself and have fun and actually look forward to your next class! Experience the joy and fun of movement, dancing, stretching and resistance training.

You will receive the very best fitness.

Cardiovascular exercise, muscle toning, strengthening, circuit training and interval training plus nutrition tips are all offered in a variety of formats.

For more information on Jazzercise of Rockaway contact Paulette:

(973)659-9575 or Paulvgirl@aol.com

World Wide information: www.jazzercise.com