



Jazzercise is the fusion of dance, aerobics, strength training, Pilates and yoga into one energizing class. With a focus on cardio, strength and stretching, it's a great combination for weight loss and muscle toning. Class is suitable for all fitness levels.

**Register at the class with the Instructor**

- One class: \$10
- One month: \$45 (Unlimited attendance, electronic fund transfer)
- One time joining fee: \$25 (applies to new customers of those with passes expired 3 months or more)
- Visit [Jazzercise.com](http://Jazzercise.com) or call the instructor for New Customer Specials

**Location**

**Rusch Park Community Center  
7801 Auburn Blvd, Citrus Heights 95610**

Morning Classes	
Aileen Van Noland	
aileen.jazzercise@yahoo.com	
771-9967	
Tue/Thur/Sun	9:30 - 10:30am

Evening Classes	
Shawna Langley	
jazzershawna@yahoo.com	
425-8979	
Mon/Tue/Thur	6:00 - 7:00pm

**Classes are on-going, join at any time.**

7801 Auburn Blvd.  
Citrus Heights, CA 95610  
(916) 725-1585  
(916) 725-2541 fax  
[www.sunriseparks.com](http://www.sunriseparks.com)

**View Activities &  
Register Online**



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