

March 2010



JAZZERCISE FITNESS CENTER INSTRUCTORS

LH-LOUANNE SEW-SHANNON RS-REBECCA JS-JOANNE
 SG-SANDY CG-CELIA MS-MELISSA HF-HEATHER JB-JULIE
 AH-ANNETTE CL-CATHERINE BARB-BK GD-GEORGIA TT-TAMI
 LAND PARK/GREENHAVEN JAZZERCISE FITNESS CENTER

5962 S. LAND PARK DRIVE

SACRAMENTO, CA 95822

PHONE: 455-5833 OR 453-8723 WEB: SACMETROJAZZ.COM



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JB 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-TT	2 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-CL 7:00-Jazz-TT	3 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 4:45-Jazz-CG 5:50-Jazz-SEW 7:00-JazzL-HF	4 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-AH 7:00-Sculpt-LH	5 6:15-Jazz-RS 9:15-Jazz-CG 5:50-Jazz-CL	6 8:15-Step-CG 9:15-Jazz-SEW
7 9:15-Jazz-CL **10:30-Bikini Blast-TT 3:30-JazzL-HF	8 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JB 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-HF	9 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-CL 7:00-Step-SG	10 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 4:45-Jazz-CG 5:50-Jazz-SEW 7:00-JazzL-HF	11 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-BK 7:00-Step-SG	12 6:15-Jazz- 9:15-Jazz-SEW 5:50-Jazz-CL	13 8:15-Step-SG 9:15-Jazz-SEW
14 9:15-Jazz-JS 3:30-JazzL-HF	15 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JB 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-HF	16 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-CL 7:00-Step-SG	17 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 4:45-Jazz-CG 5:50-Jazz-SEW 7:00-JazzL-HF	18 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-BK 7:00-Step-SG	19 6:15-Jazz-RS 9:15-Jazz-SEW 5:50-Jazz-CL	20 8:15-Step-SG 9:15-Jazz-CG
21 9:15-Jazz-JS **10:30-Bikini Blast-TT 3:30-JazzL-HF	22 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JB 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-HF	23 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-JB 7:00-Step-SG	24 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 4:45-Jazz-CG 5:50-Jazz-SEW 7:00-JazzL-HF	25 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-AH 7:00-Step-SG	26 6:15-Jazz-RS 9:15-Jazz-SEW 5:50-Jazz-CL	27 8:15-Step-SG 9:15-Jazz-SEW NEW INSTRUCTOR SCREENING AFTER 9:15 CLASS
28 9:15-Jazz-JB **10:30-Bikini Blast-TT 3:30-JazzL-HF	29 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JB 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-HF	30 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-JB 4:45-Jazz-CG 5:50-Jazz-CL 7:00-Step-SG	31 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 4:45-Jazz-CG 5:50-Jazz-SEW 7:00-JazzL-HF			

SPRING INTO FITNESS AND FUN!
NEW STUDENT SPECIAL
3 MONTHS UNLIMITED CLASSES
\$99.00 (INCL JOINING FEE)

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

April

S	M	T	W	T	F	S
	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	