



# JUNE 2010

# jazzercise®

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>1</b> 8:20 a.m. ☺ 9:30 a.m. 5:35 p.m. 6:40 p.m.	<b>2</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. ♠ 6:40 p.m.	<b>3</b> 8:20 a.m. ☺ 9:30 a.m. ♠ 10:35 a.m. 5:35 p.m. 6:40 p.m.	<b>4</b> 8:20 a.m. ☺ ♠ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m.	<b>5</b> 8:20 a.m. 9:30 a.m.
<b>6</b> 8:20 a.m.	<b>7</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. 6:40 p.m.	<b>8</b> 8:20 a.m. ☺ 9:30 a.m. 5:35 p.m. 6:40 p.m.	<b>9</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. ♠ 6:40 p.m.	<b>10</b> 8:20 a.m. ☺ 9:30 a.m. ♠ 10:35 a.m. 5:35 p.m. 6:40 p.m.	<b>11</b> 8:20 a.m. ☺ ♠ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. <b>5:30 p.m. FREE Belly dancing Pot Luck get together</b>	<b>12</b> 8:20 a.m. 9:30 a.m.
<b>13</b> 8:20 a.m.	<b>14</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. 6:40 p.m.	<b>15</b> 8:20 a.m. ☺ 9:30 a.m. 5:35 p.m. 6:40 p.m.	<b>16</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. ♠ 6:40 p.m.	<b>17</b> 8:20 a.m. ☺ 9:30 a.m. ♠ 10:35 a.m. 5:35 p.m. 6:40 p.m.	<b>18</b> 8:20 a.m. ☺ <b>9:30 a.m. 30 minute Express class</b> <b>NO 10:35 a.m. or 4:30 p.m. class</b>	<b>19</b> 8:20 a.m. 9:30 a.m.
<b>20</b> 8:20 a.m.	<b>21</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. 6:40 p.m.	<b>22</b> 8:20 a.m. ☺ 9:30 a.m. 5:35 p.m. 6:40 p.m.	<b>23</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. ♠ 6:40 p.m.	<b>24</b> 8:20 a.m. ☺ 9:30 a.m. ♠ 10:35 a.m. 5:35 p.m. 6:40 p.m.	<b>25</b> 8:20 a.m. ☺ ♠ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m.	<b>26</b> 8:20 a.m. 9:30 a.m.
<b>27</b> 8:20 a.m.	<b>28</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. 6:40 p.m.	<b>29</b> 8:20 a.m. ☺ 9:30 a.m. 5:35 p.m. 6:40 p.m.	<b>30</b> 7:15 a.m. 8:20 a.m. ☺ 9:30 a.m. *10:35 a.m. ☺ 4:30 p.m. 5:35 p.m. ♠ 6:40 p.m.	<p align="center"><b>Club Jazzercise 2010</b></p> <p>Attend 150 classes this year and get this iron grey boat neck, ¾ length tee. It's perfect to wear out and about or to and from class.</p> <p>Note: While supplies last.</p> 		

## ANNOUNCEMENTS

**Friday, June 11<sup>th</sup>**  
**FREE**

Belly dancing performance, demo. class and pot luck supper

Featuring  
*The Nuray Rakkettes*

Sign up at the registration desk!

**June 18<sup>th</sup>**  
**Class schedule change**

Due to the Instructor certification workshop being held at the center we need to adjust our schedule on 6/18/10.

The 8:20 a.m. class will be held as scheduled, however the 9:30 a.m. class will be our Express format which is a power-packed 30 minute class.

We are also cancelling the 10:35 a.m. low impact class and the 4:30 p.m. class that day as well.

Thank you for your cooperation!

Special Summer pricing  
See page 2.

Get a **FREE** pair of flip flops this summer. Get the details on page 2.

New class added beginning in July. Details on page 2.

Check out our Jazz It Off Winners on page 3.

### Class format legend

No notation – Regular  
♠ Circuit  
☺ Babysitting Available

♠ Body Sculpting  
\* Low Impact class

**See more news on pages 2 and 3**



**June 1<sup>st</sup> – July 31<sup>st</sup>**  
**Receive a Jazzercise**

**Floral Flip Flop  
& Bag Set  
...FREE**

when your team of two  
attends 60 classes

*While supplies last.*



EFT Reminder

All EFT changes and cancellations must be submitted in person no later than the 15<sup>th</sup> of a month in order for it to be effective the following month.

Phone calls and e-mails  
are not accepted.

Only medical holds (with a doctor's  
note) are allowed. Maximum 3 months.

Thank you for your cooperation.

**You asked for it....You got it!!**

**Beginning in July we are adding a  
7:15 a.m. class on Friday mornings  
giving you even more convenience  
which will make staying on the  
fitness track easier than ever!**

**June Summer Kick Off Sale**

3 months for ONLY \$99 plus NO Joining Fee\*

\*For new customers or those not registered within the last  
6 months. Other restrictions may apply. Expires 6/15/10.

**Special Summer pricing NOW through August**

**Students:** Full time students (ages 25 & under) may purchase unlimited classes based on \$25/month (2 mo. min. / 3 mo. max) with NO joining fee!

**Visiting Friends/Relatives:** As a courtesy to you, our registered customers, if you would like to bring a guest who is not local (not from Monmouth or Ocean County) to class with you the following discounted rates will apply:

- \$10 day pass (reg. \$15) *or*
- One week block of unlimited classes - \$25 (plus no joining fee) *or*
- Two week block of unlimited classes - \$40 (plus no joining fee) *or*
- One month of unlimited classes - \$50 (plus no joining fee)

## 2010 Jazz It Off final results

### Highest % of weight loss and a \$100 CASH PRIZE

**P. Graver with a % of weight loss of 13.42%**

#### Honorable mentions:

- N. Immesberger with 8.51% of weight loss
- K. Skaggs with 6.56% of weight loss
- J. Fees-Mahedy with 6.43% of weight loss
- L. Ormsbee with 5.42% of weight loss

### Highest # of points and a \$100 CASH PRIZE

(based on weighing in each week, attending class 3x/week, points for % of weight lost each week and points for inches lost)

**P. Graver with 54.85 points**

#### Honorable mentions:

- N. Immesberger with 38.64 points
- K. Skaggs with 36.44 points
- J. Marks with 36.31 points
- J. Fees-Mahedy with 33.4 points

**The last prize is for the participant who attended class 3x/each week and weighed in each week. The reason for this category is that we wanted to encourage you to stay the course and try to get into the habit of attending class at least three times each week.**

**The winner of this category gets a \$50 CASH PRIZE + 1 FREE month of Jazzercise**

**J. Marks**

NOTE: We started out with 30 participants and by the final week there were 15 who were still actively weighing in each week. Collectively, those 15 people lost 125 lbs. - WOW!!!! That is amazing!!!!

**CONGRATULATIONS TO ALL!**

**Would you like to get paid doing what you love?**

If so, talk with us about possibly becoming a Jazzercise Instructor! It's one of the best jobs out there!

Our next pre-screening is July 17<sup>th</sup> which will set you up for a September Certification Workshop.

***Take It. Love It. Teach It.***

#### Customer Corner

- Get a 10% off the food portion of your bill at Carmine's Restaurant in Asbury Park by showing your current Jazzercise class pass.

**The Jazzercise Fitness Center of Wall**

**1985 Highway 34, Wall NJ**

**732-919-3773/www.jazznj.com**