



What is Jazzercise? Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles.

Classes

Monday to Thursday 8:30 am

Located

Mountain View Ballroom

Cost

5.00 per class

32.00 a month

Ask about silver sneaker option

Contact

Facebook [saddlebrookjazzercise](https://www.facebook.com/saddlebrookjazzercise)

Email ddd000@aol.com

Phone 520-349-4335