

YOU WANNA BE FIT?

We keep you moving

Beats jumpin', bass droppin', heart pumpin' dance party workouts that incinerate up to 800cph (that's calories-per-hour). We'll leave you breathless, toned and coming back for more.

We keep it coming

Fresh body pulsing music and new moves keep you psyched to sweat. Instructors train every year to master the Jazzercise method, which fuses cardio, resistance training, Pilates, yoga, kickboxing and, of course, the demanding forms of dance.

You'll transform

Expect to feel results after 3 classes, and expect to keep going. With so many classes to choose from you get the variety you need to stay motivated and break through plateaus. The average person sticks with Jazzercise for 7 years. Why? Because it works.

So what are you waiting for?



Jazzercise Waterville
at Blue Wave Dancing
33 Concourse E
Waterville, ME 04901
(207) 333-2530



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jazzercise.com • (800)FIT-IS-IT

WHAT IS JAZZERCISE?

- World's largest dance-fitness program
- Fusion of aerobics, yoga, Pilates, and kickboxing into fun dance routines
- Professionally choreographed moves set to the latest music
- Fun and easy to follow
- Designed for varying fitness levels

CLASS FORMAT

- 60-minute workout
- Starts with gentle warm-up
- 30 minutes of aerobic activity
- Muscle toning and strengthening segment with weights
- Stretch finale, cool-down period
- Low impact/low intensity options shown for all routines

INSTRUCTOR CREDENTIALS

- Professionally trained and certified
- CPR certified
- Dance and exercise physiology training
- Training consistent with AFAA (Aerobics and Fitness Association of America) standards
- Trained to demonstrate modifications
- Carefully monitored

INSTRUCTORS

Véronique Plesch
Laura Tracy

SCHEDULE

Monday and Thursday

5:15 – 6:15 p.m.

Tuesday and Wednesday

5:30 – 6:30 p.m.

Saturday

8:30 – 9:30 a.m.



RATES

UNLIMITED CLASSES

“Easy Fitness Ticket”

EFT – \$40/Month

(Electronic Fund Transfer)

Joining fee for new members \$25

8-WEEK PASS – \$100

(unlimited number of classes)

10-CLASS PASS – \$75

(valid 6 months)

WALK-IN

\$10/Session

FULL-TIME STUDENTS

(with student ID)

Unlimited Classes (EFT) – \$20/Month

(\$10 joining fee)

Walk-In – \$5/Session

8-Week Pass – \$50

10-Class Pass – \$35

Ask about our current specials!

GETTING STARTED

- Check with your physician
- Arrive 10-15 minutes early to register
- Look for your student guide pamphlet
- Wear comfortable clothing
- Bring aerobic or athletic shoes
- Bring a water bottle
- Bring hand-held weights
- Bring a mat or towel
- Weights and mats are available in the class if you do not have your own

JAZZERCISE IS COMMITTED TO GIVING YOU

- A safe, effective and convenient workout
- Variety in music and movements
- Consistent quality instruction
- Program options to fit your needs
- Continuing education in maintaining a healthy lifestyle
- FITNESS, FRIENDSHIP, AND FUN!

WHO TO CONTACT

Véronique Plesch
Class Owner and Certified Jazzercise Instructor

Phone: 207-333-2530

Email: vbplesch@gmail.com

www.jazzercise.com

1-800-FIT-IS-IT