

# Jazzercise®



## Jazzercise.® It shows.

Our Jazzercise program is one of the most popular classes in Barrington! Nationally certified Jazzercise instructor Sue Batko and her crew lead you through a stimulating and fun 60-minute workout that blends aerobics, yoga, Pilates, and kickboxing movements in fun dance routines choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. When you love your workout, the results come easily! All fitness levels welcome. Questions? Go to [www.jazzercise.com](http://www.jazzercise.com) or contact Sue Batko at [jazgrl2000@comcast.net](mailto:jazgrl2000@comcast.net) or 847-382-5915.

Each 60-minute class includes:

- Warm-up
- 30-minute aerobic workout
- Muscle toning and strengthening using weights
- Full-body stretch



**ONE-DAY-ONLY SALE!**  
January 25  
**\$20 per month for 10 months!**

You must sign up through Electronic Funds Transfer (EFT). Available on January 25 only. For new participants or those not in class since 9/09. Register in person that day or with Sue Batko at 847-382-5915 or [jazgrl2000@comcast.net](mailto:jazgrl2000@comcast.net).  
Not good with any other offers.

## Registration: Sign Up Anytime

Jazzercise Registrations are taken at class. You may sign up at any time. New students should arrive 15 minutes prior to class. Instructors are available for orientation and/or extra help approximately 30 minutes before and after class.

## Jazzercise Fees and Passes

Passes include access to all Jazzercise classes, including Regular Jazzercise, Express Classes, and Body Sculpting. *Passes do not include other Park District fitness classes.*

<b>Monthly Unlimited Pass</b> <i>(Payments made by Electronic Funds Transfer/EFT)</i>	\$38/month
<b>8-week Unlimited Pass</b>	\$96 (adults) \$55 (students age 13 and older)
<b>Walk-ins</b>	\$10/class (\$7 per class for BPD Fitness Center members)
<b>Seniors (62+ years)</b>	10% discount on all pricing above

*\*A Jazzercise joining fee may apply.*

## Jazzercise Body Sculpting

Are you longing for sculpted arms, a strong core, tight glutes, and firm legs? Then this challenging, 45-minute muscle-toning workout is just for you. Featuring a creative combination of weight training and stretching, this workout will give you results like you've never seen! Sign up at the Jazzercise Desk.



## Jazzercise Schedule

All classes meet upstairs in the Fitness Studios.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 am	Jazzercise-R		Jazzercise-R		Jazzercise-R	Jazzercise-R	
9:00-10:00 am	Jazzercise-R	Jazzercise-R	Jazzercise-R	Jazzercise-R	Jazzercise-R		Jazzercise-R
7:00-8:00 pm	Jazzercise-R	Jazzercise-R		Jazzercise-R			

No classes 1/1, 4/4

Chart Key: Jazzercise-R = Regular Jazzercise class. All Classes meet upstairs in the Fitness Studios.