




February 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 JON-Jon
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 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-TT 4:45-Jazz-JB 5:50-Jazz-SEW 7:00-JazzL-HF	2 6:15-Jazz-TT 8:15-Sculpt-LH 9:15-Jazz-RS 4:45-Jazz-CG 5:50-Jazz-CL 7:00-Step-SG	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-Step-SG	5 6:15-Jazz-RS 9:15-Jazz-SEW 5:50-Jazz-CL	6 8:15-Step-SG 9:15-Jazz-SEW																																																																																											
7 9:15-Jazz-RS 3:30-Jazz-HF	8 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-JS 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-AH 7:00-Step-SG	12 6:15-Jazz-RS 9:15-Jazz-SEW 5:50-Jazz-CL	13 8:15-Step-SG 9:15-Jazz-SEW																																																																																											
14 9:15-Jazz-RS 3:30 -Sculpt-HF- Valentine Meltdown class	15 6:15-Jazz-RS 8:15-JazzL-LH 9:15-Jazz-TT 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-AH 7:00-Step-SG	19 6:15-Jazz-RS 9:15-Jazz-SEW 5:50-Jazz-JB	20 8:15-Step-SG 9:15-Jazz-CG																																																																																											
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28 9:15-Jazz-JS 3:30 Jazz-HF		This is "Healthy Heart" Month New Student Special \$99. for 3 months (unlimited) Incl. Joining Fee Upcoming: "Jazz It Off" starts Feb. 1 (details at desk) Bikini Blast starts mid- February If you wish to have info by "e-mail" blasts please sign up at the front desk. All classes open on Holiday (2/15)				Valentine Meltdown Bodysculpt Class Sunday 2/14 3:30 p.m. Fun and prizes!																																																																																											
SEE REVERSE FOR MORE INFO ON CLASSES, ETC.				January <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		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	31							March <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	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	31			
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