

Personal Touch is a ½ hour non-stop strengthening class! After your first class you will immediately feel stronger, leaner and balanced. Safe, proven moves will take you to the next level...you will be taught safe/balanced strength moves with weights, Xertube, & ball. These moves are the next step up from your Jazzercise classes. No matter what your age you will be able to achieve your personal goals in Personal Touch!

Three GREAT reasons to take P.T. now!

- 1- If you have to miss a Tuesday, make it up the next Tuesday!
- 2- Only ½ hour of your time, just condensed to take you up a notch
- 3- If you have reached a plateau, this class will strengthen tone, tighten and lean out your midriff, arms, legs, back and posture!
- 4- Receive a 30 minute DVD with Jazzercise moves to enjoy at home!

Please review all of the information on the front side...you have never taken a class like this... Your own personal trainer at ¼ the cost!

Here are some testimonials from terrific looking students:

Is it fun? Is it worthwhile? Do you feel better, stronger, longer, leaner? How is your mid-life, mid-section? What do you want to achieve...do it here in just a few minutes! Your healthiest friends are in class and encouraging you at every muscle!

Join us Tuesday, just give me 24 hours notice! (510) 538-7070

Email: [jan@jazzwithjan.com](mailto:jan@jazzwithjan.com)

See you in class,

Smiles,

J☺

