

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

See you in class,
Smiles,
J☺



jazzercise[®]
personal touch

Call Jan if interested

(510) 538-7070 www.jazzwithjan.com

Tuesday 5:45pm Castro Valley Adult School

6 special Personal Touch training sessions, focusing on:

Weeks 1&4: Beautiful Backs & Chests

Week 2: Fab Abs & Butts

Weeks 3: Amazing Arms

4 weeks of Personal Touch

Only \$59

+

Free Jazzercise 30-minute Bonus Workout DVD included with registration

Sign up in class today!