



PALOMAR COLLEGE SPRING 2011
TEAM LIFE- employee wellness Event:



JAZZERCISE

TEAM LIFE is proud to be able to
offer our Faculty and Staff a

FREE jazzercise® CLASS

What is Jazzercise?

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! (www.jazzercise.com)

When: Four Fridays in April (April 1st, 8th, 15th, and 22nd)

Time: 12-1pm

Where: The aerobics room G-8

Jazzercise San Marcos
Fitness Center
317 S. Rancho Santa Fe Rd.
San Marcos, California
92078 (760)475-7426 |
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