

Jazzercise™

The world's largest dance fitness program combining the total body conditioning of aerobics with the fun of dance.

Each class is an hour long and includes a warm-up, approximately 30 minutes of aerobic activity followed by a toning/strengthening session with weights and a cool down. A variety of impact and intensity options are demonstrated in each class to fit everyone's individualized needs.

Classes held at:

Fon du Lac Park Administration Center
201 Veterans Drive

Fees: \$28 per month- EFT* (\$5.77 per week)
2-month class pass - \$78.00
One-day pass - \$10.00
Joining fee - \$25.00

Crossover EFT* pass to all Peoria area locations - \$39.00

*EFT is the Easy Fitness Ticket where your bank makes payment for you monthly from your checking or savings account. Most economical way to pay. No long-term contracts, membership, or initiation fees. Call 691-6762 for more information.

CLASS SCHEDULE:

Monday, Tuesday, Wednesday, & Thursday
9:15am - 10:15am

Monday, Tuesday, Wednesday, & Thursday
5:45pm - 6:45pm

Saturday
9:15am - 10:15am

JAZZERCISE IS COMMITTED TO GIVING YOU:

- Safe, effective and convenient workouts
- Variety in music and movements
- Consistent quality instruction
- Program options to fit your needs
- Continuing education in maintaining a healthy lifestyle
- Fitness, Friendship and Fun!

TAE KWON DO:

Tae Kwon Do is the ultimate in self-defense, self-confidence, discipline and self-control. Everyone can have fun while learning self-defense and gain self-esteem. You will grow stronger and more confident in yourself by participating in this class taught by Master Sung Kim. The class is open to students 8 years old through adult. *A great way for a family to learn together.*

Ages: 8 – Adult
Fee: \$20 (R) / \$25 (NR) per month
Date: Tuesdays & Thursdays
Time: 6:00-7:00 p.m.
Location: Fon du Lac Park Administration Center
Instructor: Master Sung Kim

Plus learn to use the weapons of Tae Kwon Do. The Bo, Tonfa, and Nunchaku included in the lessons without extra pay.

THE SPIRIT OF TAE KWON DO

- To discipline mind, body and spirit.
- To be courteous, honest and sincere.
- To build good character.
- To develop confidence, humility and endurance.
- To seek truth and practice it.
- To never fight to achieve selfish ends, but to develop might for right.
- To do our utmost to develop Tae Kwon Do as the most respected art in the world.