



Jazzercise Lite

Longwood Community Building

Tuesdays & Thursdays at 9:00 a.m.

The cost will be \$2.00 per class

All ages welcome

We will be offering fun and easy to follow aerobics combined with stretching and strengthening routines, specially designed for older adults to improve your overall fitness, strength and balance while reducing your risk of many diseases and adverse conditions.

Dress comfortably, a good pair of aerobic or walking shoes are recommended. Bring your own 2 or 3 lbs. hand held weights to use. Bring water to drink before, during and after class.



Try Jazzercise Lite, you'll love it!