Calendar of Events

June 19, 2017

**Jazzercise**
6:00pm-7:00pm
Sandy Cornell-Howe, 517-285-0066
sandysjazz@gmail.com

Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. Choreographed to today's hottest music, Jazzercise Dance Mixx is a fusion of jazz dance, resistance training, Pilates, Yoga, and kickboxing. Start dancing yourself fit today! An effective program for people of every age and fitness level. Bring a mat and weights, if desired. $42 per month with auto-payment, 12-month commitment. Unlimited attendance - option of attending six weekly classes in Delta Township and Grand Ledge. For more info call Sandy at 517-285-0066 or www.jazzercise.com.

June 21, 2017

**Jazzercise**
6:00pm-7:00pm
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June 26, 2017

**Jazzercise**
6:00pm-7:00pm
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June 28, 2017

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6:00pm-7:00pm
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July 3, 2017

Jazzercise
6:00pm-7:00pm
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July 5, 2017

Jazzercise
6:00pm-7:00pm
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July 10, 2017

**Jazzercise**
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July 12, 2017

**Jazzercise**
6:00pm-7:00pm
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July 17, 2017

**Jazzercise**
6:00pm-7:00pm
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sandysjazz@gmail.com

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