



## Jacki's Dance Fitness

www.jackis.com

"My belief is that movement is life and you can't be living life to its fullest unless you're as physically fit as you can possibly be. Therefore, my goal is to motivate you to live a more aerobic lifestyle, no matter how active--or inactive--you may already be."

-Jacki Sorensen The originator of Aerobic

**Madison Community House**  
**25 Cook Ave**  
**Madison, NJ 07940**  
**6:00 – 7:00 PM**

**Kathleen Matrale**  
[katlamb6@aol.com](mailto:katlamb6@aol.com)  
**201-919-4841**

Full Session: \$ 184  
 Half Session: \$ 108  
 Drop In Per Class: \$ 10

**Full Session fee** is based on your enrollment for the entire session.

**Half Session fee** allows for one class a week (Mondays or Wednesdays).

### The class format is one hour:

- Warm up
- Floor work -Core
- Vertiform -Strengthening and toning muscles with an option to use hand held and ankle weights.
- Dance Fitness routines -A combination of LOW and MEDIUM impact dance exercise steps. LATIN, JAZZ, BALLROOM, TAP, HIP HOP.....
- Cooldown and final stretch

Wear comfortable layered clothing, socks, aerobic or cross trainer sneakers.

Bring a mat or towel for floorwork, hand held and ankle weights are optional.

## 2017 FALL SCHEDULE

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Dance Fitness	12	13 NO CLASS	14	15	16
17	18 Dance Fitness	19	20 Dance Fitness	21	22	23
24	25 NO CLASS	26	27 Dance Fitness	28	29	30
OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Dance Fitness	3	4 Dance Fitness	5	6	7
8	9 Dance Fitness	10	11 Dance Fitness	12	13	14
15	16 Dance Fitness	17	18 Dance Fitness	19	20	21
22	23 Dance Fitness	24	25 Dance Fitness	26	27	28
29	30 Dance Fitness	31				
NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Dance Fitness	2	3	4
5	6 Dance Fitness	7	8 Dance Fitness	9	10	11
12	13 Dance Fitness	14	15 Dance Fitness	16	17	18
19	20 Dance Fitness	21	22 NO CLASS	23	24	25
26	27 Dance Fitness	28	29 Dance Fitness	30		
DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Dance Fitness	5	6 Dance Fitness	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30