

March Happenings



ALL NEW Bikini Body Pilates Style Class Starting March 1

In this all new Bikini Body Pilates Style class, you will: Define Your Legs & Behind; Blast Fat; Burn Mega Calories; Build Strength; Flatten Your Abs; and Strengthen Your Core. The class features all new movements and choreography that you have not done in regular class before.

Class days and times are:

- Tuesday at 10:50 a.m. with Melanie (childcare)
- Tuesday at 6:00 p.m. with Veronica
- Thursday at 10:50 a.m. with Lori (childcare)
- Saturday at 9:15 a.m. with Kristine (class full)
- Sunday at 10:30 a.m. with Erica S.
- Sunday at 6:00 p.m. with Lisa

The session is \$60 for four 45-minute intense core workout classes; 10% off Bikini Body Pilates for those registered in Jazz it Off. Sign-up sheets are on the promo board at the front of the Center. Space is limited -- payment is required to lock your spot.

Jazz It Off Update

Jazz it Off is in full swing. Congratulations to our winners so far:

- Week 1: Team #1 Lisa D. and Judy G.
- Week 2: Team #5 Carol F. and Julie T.

Everyone is doing great -- what a tight competition this year! Don't forget to use your Jazz It Off Tools on jazzercise.com. Need to know how to logon? See your Class Manager.

The next big milestone date is March 1 with a prize to the biggest losing team. Will your team be the winner?

Key Dates

- March 1: First milestone prize to the biggest "losing" team
- March 29: Second milestone prize to the biggest "losing" team
- April 24: You can start any time, but this is the last day of competition.
- April 26: GRAND Prize to the overall biggest "losing" team after all the FINAL weigh-ins on April 24.

Instructor "Casting Call"

Want to become an instructor? Come to our casting call on Saturday, March 27 at 8:00 a.m. Email Laura for more information at wackiefitness@yahoo.com.

University of Kansas Study

More great reasons to stick with Jazzercise!

Jazzercise was at the forefront of a groundbreaking study conducted by the Breast Cancer Survivorship Center (BCSC) at the University of Kansas Cancer Center. From 2008-2010, half of the study's participants had access to Jazzercise classes during a six month intervention. In a preliminary review of the data, participants with access to Jazzercise:

- Lost more than 10% of their body weight
- Lost a median of 3.7% of their overall body fat measured by DEXA.
- Spent 4x more minutes/week exercising at the end of the study, than before it started.
- Improved their fitness levels - including flexibility, grip strength, endurance and resting and active heart rate.
- Significantly improved on measures of quality of life - including mood and menopausal symptoms.
- Reduced their chances for recurrence of breast cancer.

Gainesville Library Fundraiser

The fundraiser is just around the corner -- Saturday, March 6 at Battlefield High -- and looking to be an incredible event. In addition to the media sale, there will also be a silent auction and chili cook-off sponsored by local restaurants.

Because the event is so large, many volunteers are needed to help make it successful. If you are able to help with set-up/clean-up, sorting books, etc., please contact the team at librarysale@koshkas.com for more information.

Thank you to everyone who has donated!