

Personal Touch Training

Mon & Wed - 6:15 pm
Tu & Thur - 8:30 am

**Only \$125 for
6 Weeks of Training
Come as Many Times as you Want**

40 minute Semi-Private Group Fitness Classes

Workouts that will Change Your Body;
Burn Mega Calories; Blast Fat; Enhance Endurance;
Build Strength; Strengthen Core, Improve Balance.

Personal Touch training can have a huge impact on your life. Many of the things you enjoy come from the activities you perform each day; whether that is building a new fence, throwing a Frisbee in the park, or playing with kids or grandkids. Maintaining your fitness will allow you to continue to do the activities that make you happy.

WHAT IS JAZZERCISE?

Jazzercise is the world's largest dance-fitness program. What sets us apart is the choreography created by **Jazzercise** founder and CEO, Judi Sheppard Missett. You won't just be exercising to background music, you'll DANCE to the latest music - and while you are enjoying yourself, you'll be getting a great workout.

Each Jazzercise instructor is professionally trained and certified by Jazzercise, Inc. All instructors are CPR certified and receive continuing education in all aspects of dance and exercise physiology. Instructor training curriculum and course materials are consistent with the AFAA (Aerobics and Fitness Association of America) Basic Standards and Guidelines. Instructors are trained to demonstrate modifications to apply to varying fitness levels and teaching skills are carefully monitored to assure the high standards of **Jazzercise, Inc.**

Tai Chi

Wednesdays @ 10:30 - Noon
With Leah Lee

**Non-Members \$10.00/class or
12 Class Punch \$100.00**

Tai chi qi gong exercises will be practiced at the beginning of class to loosen, stimulate and regenerate the body/mind and ready the student to begin the form. This 37 movement form is authentic, traditional (Yang style) tai chi.

Yoga, Pilates & Tai Chi

Tai Chi W - 10:30 am - Noon
Yoga Stretch Tu/Thu - 11:00 am
Pilates Reformer Mat Workout M/W - 11:00 am
Yoga/Pilates Sun - 11:00 am

1 Class - \$10.00 - 12 Class Punch - \$100.00

These popular classes are designed to help members stay fit and flexible, increase range of motion and reduce low back pain. Specific goals are to slow joint degeneration, maintain bone density, and increase muscle strength and correct imbalances.

Tai Chi - breathing, alignment and slow, graceful movement to circulate and focus the chi to harmonize body, mind and spirit.

Yoga - Links breath to the movement. A dynamic, yet gentle workout at a moderate pace with plenty of time to explore foundation postures, to satisfy beginners and intermediate students, creating a balance of heat, strength and calm in the body. Class begins with cleansing breath, followed by 5 minutes warm up, then 40 minutes of moderately paced and uniquely sequenced asanas. Class ends with a few minutes in savasana to bring total relaxation and rejuvenation within and without.

Yoga/Pilates Reformer Mat Workout for core strength and stretch. Preserving Joseph H. Pilates' original method of body conditioning to restore good posture. These programs follow guidelines developed by the American College of Sports Medicine and individual limitations of each person are considered. We use stretching bands, therapeutic balls and floor mats.

Jazz it OFF

Make a Change. Take the Challenge!

March/April/May 2011

First class starts Monday 3/7

Last Class is Saturday 5/28

*Includes weekly weigh-in and body
composition testing.*

Prizes and Giveaways

1st Prize - \$50 Gift Certificate to Jazzertogs

2nd Prize - Jazer-Tote \$26 Value

\$30 per participant.

*BONUS! Get it FREE when you sign up for
Ballet Body by Jazzercise*

Other Jazzercise Class Formats

BODY SCULPTING™ BY jazzercise An alternative for those who want to improve their shapes, increase their fitness level and have fun while they do it. Sculpted arms, tight abs, and firm and shapely legs are the primary focus of this challenging 35-45 minute muscle toning workout which features a creative combination of weight training and stretching; using weights, resistance tubes and the Resist-A-Ball.

CIRCUIT TRAINING BY jazzercise Featuring a proven combination of aerobic exercise and strength training with weights, resistance tubes and the Resist-A-Ball. This workout covers all the fitness bases as you cross train your way to a fit and fabulous look.

STEP BY jazzercise Jazzercise's trademark choreography is specially adapted to create an original STEP class that's anything but routine. The low-impact, high intensity workout is a great way to add variety to your personal fitness program.

simply·lite jazzercise Fitness that's simple, not intimidating, just invigorating. The 45-minute class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. Whether you're a beginner, newcomer, a senior, pregnant, significantly overweight, or otherwise physically restricted, you can't go wrong with this popular light version.

Express

A 1/2-hour class designed to "wake up" your muscles, even if you don't have much time.

Just Visiting - On Vacation?

You can visit our fitness center for \$10.00/Day, or purchase a 12-Day punch pass for \$100, plus tax.



12220 North Highway 14, Cedar Crest, New Mexico 87008 505 281-4567

Mailing Address: P.O. Box 882, Cedar Crest, New Mexico 87008
Email: cedarcrestfitness@comcast.net

Hours: Monday - Friday 5:30 am - 8:00 pm
Saturday 6:00 am - 6:00 pm
Sunday 8:00 am - 6:00 pm

Gym Membership PRICES

Weight Room...\$41.50 Mo - Single + \$55 Initial Fee
.....\$72.25 Mo - Couple + \$62.50 Initial Fee
Full Club.....\$56.50 Mo - Single + \$55 Initial Fee
.....\$93.50 Mo - Couple + \$62.50 Initial Fee
(Full Club includes Weight Room, Yoga, Pilates, Jazzercise, Tai Chi, Belly Dancing & Indoor Cycling (excludes Karate))

Family *(Immediate family up to 4 people)*
Weights \$98.00 Mo + \$70 Initial Fee
Full Club..... \$110.00 Mo + \$70 Initial Fee

Sr. Citizen (65+)
Weights..... \$30.00 Mo + \$40 Initial Fee
Full Club..... \$42.00 Mo + \$40 Initial Fee

Student/Military *(Proof of current class schedule)*
Weights..... \$31.00 Mo + \$40 Initial Fee
Full Club..... \$43.00 Mo + \$40 Initial Fee

Corporate Group
Weights..... \$29.00 Mo + \$35 Initial Fee per person
Full Club..... \$41.00 Mo + \$35 Initial Fee per person
*(Groups of 10 or more within a business or organization.
Monthly membership must be paid with one check)*







Jazzercise Aerobics PRICES

EFT One Month Unlimited \$37.00
(Electronic Funds Transfer)
EFT Couple Discount \$64.00
(At least 2 from same household)
EFT Corporate Discount \$31.00
(10 from same company)
EFT Sr. Citizen (65+) \$32.00

Or

8 Weeks Unlimited - \$88.50
All Jazzercise tickets are subject to a \$55.00 Initial Fee

Jazzercise Class Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jazzercise 5:45 a.m.		Jazzercise 5:45 a.m.		Jazzercise 5:45 a.m.		
	Jazzercise Simply Lite 7:30 a.m.	Jazzercise Simply Lite 7:30 a.m.	Jazzercise Simply Lite 7:30 a.m.			
Jazzercise 8:30 a.m.		Jazzercise Circuit: 8:30 a.m.	Jazzercise Ballet Body 8:30 a.m Start 3/3.	Jazzercise STEP 8:30 a.m.	Jazzercise STEP 8:30 a.m.	
	Jazzercise Body Sculpt 9:30 a.m.		Jazzercise Express 9:30 a.m.		Jazzercise 9:40 a.m.	Jazzercise 9:00 a.m.
Jazzercise Body Scpt 5:35 p.m.	Jazzercise 5:35 p.m.	Jazzercise 5:35 p.m.	Jazzercise 5:35 p.m.	Jazzercise Ballet Body 5:45 p.m. Start3/4		

Dance Academy Schedule						
Jr. Jazzercise/Ballet/Celtic Lite Shoe/ Belly Dance Gymnastics/ Jazz Hip Hop/ PreSchool Combo						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Belly Dance with Dawn-Marie 9:40 pm			Belly Dance with Dawn-Marie 9:40 pm	
Jr. Jazzercise 7 - Up 4:30 pm	Gymnastics 5 - up 4:30 pm	Celtic Dance Inter/Adv 4:30 pm	Ballet 7 - Up 4:30 pm			
		Pre-School Combo Tap/Dance Gymnastics 3-5 4:30 pm				
	Jazz Hip Hop 8 - Up 5:30 pm					
						Studio A Int'l Folk Dance 6:30 - 8:30 pm

Yoga/Pilates/Tai Chi						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Studio B Tai Chi 10:30am to Noon				
Studio A Pilates Reformer Mat 11:00 am	Studio A Yoga 11:00 am	Studio A Pilates Reformer Mat 11:00 am	Studio A Yoga 11:00 am			Studio A Yoga/Pilates Stretch for Health 11:00 am

Strength Classes Personal Touch Training						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Studio B Personal Touch 8:30 am		Studio B Personal Touch 8:30 am			
Studio A Personal Touch 6:15 pm		Studio B Personal Touch 6:15 pm				

Ballet Body
Grace - Balance - Strength
This 30-minute class will strengthen and lengthen your muscles for proper posture and grace for life with these full-body basic ballet movements. No ballet experience needed. No tutus required.
6 Classes for \$60 or \$15 per class
Classes start Thursday 3/3 @ 8:30 am and Friday 3/4 @ 5:45 pm.

Fees - There is a yearly \$15 Registration Fee for our Dance Academy classes. Discounts are given for additional family members or an additional class.
Pay on EFT and waive the \$15 Registration Fee.

**Jr. Jazzercise/Ballet/Celtic Lite Shoe
Gymnastics/Jazz Hip Hop/Preschool**

Second Family Member - 10% discount
Second Class - 10% discount

*About our Dance Academy
Classes for Kids*

Jr. Jazzercise - 4:30 pm \$39/Mo
Ages 7 - Up Mon.

A fun way to build strength and agility. Great for the kids who are involved in sports...Improves endurance and burns calories. Fun dance routines. Many activities to keep your child entertained....including relay races, agility trials, and balance training. Learn about nutrition and the major muscles.

Gymnastics - Tues. 4:30 pm \$39/Mo
Ages 5 - Up

Students learn basic fundamental gymnastic movements in a creative and fun atmosphere. Spatial relationships, rhythm and coordination are taught in a loving environment.

Jazz Hip Hop - Tues 5:30 pm \$39/Mo
Ages - Teens & Preteens

Learn slammin' routines that will get your body jumpin', Hip-Hop, Cheerleading-style, latest and hottest jammin' music And pumpin' moves! Bring your friends

Celtic Light Shoe - Wed 4:30 pm \$39/Mo
Ages 7 - 10

Learn the art of traditional Irish soft shoe dancing. Beginning choreography for reels, light jigs, and traditional set dances. Strengthening and endurance skills will be taught along with proper warm-up and cool-down periods.

Pre-School Dance/Tap/Tumble - Wed \$39/Mo
Ages 3-5 - 4:30 pm


Using imagery & fantasy, students learn basic dance and tumble skills. Spatial relationships, rhythm and coordination are taught in a loving environment.

Interm.Ballet - Thur 4:30 pm \$39/Mo
Ages 7 - Up

A thorough introduction to the discipline of ballet technique. Dancers will learn the fundamentals necessary for a strong technical foundation in the discipline. Great for balance and posture.

*The Karate classes offered at the Center are
not part of the Full Club Membership*

Kojosho Karate Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Studio A Karate 6 - 12 6:20 pm			Studio A Karate 6 - 12 11:00 am	
		Studio A Karate 13 - Up 7:20 pm			Studio A Karate 13 - Up 12:00 pm	

Kojosho Kempo Karate \$70/Mo

Kojosho places emphasis on the growth of the individual and the development of the art first rather than stressing combat techniques. Beginners are introduced to a series of movements used to develop strong stances and correct muscle alignment. Two-person forms, central to the Kojosho style, are then introduced to develop timing, intersection and distance.

Cycling Class Schedule - Studio C

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	5:45 am	5:45 am	5:45 am	5:45 am		
7:15 am		7:15 am		7:15 am	7:00 am	
	9:30 am		9:30 am			
					10:00 am	
6:15 pm Start 10/18	6:15 pm	6:15 pm Start 10/20	6:15 pm			

Our Cycling classes are tailored to suit a wide range of abilities and fitness goals. The program offers motivating indoor cycling rides that combine expert coaching, inspirational music and a unique mind/body philosophy, all at your own self-directed pace. A calorie-burning, energizing, fun workout that maximizes results! Please arrive 5 - 10 minutes early.

Prices: Adult - 64 \$37/Mo
Srs/Military/Student- \$32/Mo

All prices are based on EFT Payment
\$55 Initial Fee
Or

1 Class \$10.50
Punch Card - 12 Classes \$100.00
(3 Months Expiration)

See us on the Web @
cedarcrestfitness.com
Look for specials