

jazzercise.

FIRST TIMERS' TIPS

Take Time To Feel Comfortable With Dance...

If you have never danced for exercise before, it may take you a few weeks or so to feel totally comfortable with dance. But after the initial shakedown period, you'll find that your workouts will be far more fun and effective as you develop your own jazz dance style.

tustinirvinejazzwshawn.com

Your connection to our class happenings!

Please check in often for the latest class information! The "*learn the moves*" link offers basic moves -- an online demonstration and description of 19 frequently used Jazzercise dance moves. Each move has a dedicated web page where visitors can view a photo of each step, then practice the move while following an online video clip. The goal of this section is to raise the comfort level of new and prospective students by allowing them to get an accurate "feel" for the movements they will encounter in a Jazzercise class. The pages will also include a written description of the move and technique tips. Remember... If you don't get it, just fake it! The idea is to keep moving and have fun. Your instructor is available before class as well to help with any moves you may want to master!

Don't Expect Too Much, Too Fast

Remember that lasting results take time. It's great to want to lose weight, look better, and have a healthier lifestyle. And while Jazzercise can help you towards those goals, you should understand that NO program will help you accomplish them overnight. We believe that Jazzercise is the best organized the most professional and the most FUN dance fitness program around. But to work, even Jazzercise needs a commitment from you, So give it a chance.

Expect A Few Sore Muscles

You may feel some stiffness and soreness after the first few sessions. That's to be expected, because

it's simply your body getting use to a new activity. Later on, you may still feel soreness in one muscle group or another as you push yourself a little harder, but don't strive to make your muscles burn. Constant soreness is your body's way of telling you you're working too hard. So tone it down a bit. As you build strength, you may even want to add hand held light weights and leg weights to your floor workout. If you are doing the technique correctly and you are not feeling fatigued at the end of the routine, additional weight may be used. Feel free to speak with the instructor for assistance. Weights are not allowed in the aerobic section of class.

Taste Makes "Waist"

The bad news is that coming to Jazzercise won't eliminate the need for you to eat sensibly. The good news is that consistent Jazzercise classes can help to stabilize your body's blood sugar level (and you appetite). And Jazzercise revs up you basal metabolism substantially, so even when you are sleeping, you'll be burning more calories.

When It Comes To Fat Loss, Slower is Better

The faster you loose weight, the faster you're likely to gain it right back. But your weight loss will be more permanent if you lose it gradually, combining the benefits of both good nutrition and proper exercise. With regular Jazzercise, you may gain a little weight initially, simply because you're replacing excess body fat with muscle, which weighs more. But since muscle is denser than fat, you may be surprised to find your clothes fitting more loosely. So if you stay committed to the Jazzercise program, you'll find that reduction in excess body fat will soon outpace muscle growth, and the net result will be a gradual, more permanent weight loss. It's a simple equation really, fewer calories in and an increase in activity equals weight loss. In addition to weight loss, good things are happening inside as well. Your heart, lungs and bones strengthen, your blood sugars stabilize, your digestion improves, your body increases it's resistance to all sorts of common ailments, not to mention the release of stress in our daily lives, just to name a few!

**JAZZERCISE SHOULD BE A
PART OF YOUR DAY.
WE'D LIKE TO BE A PART OF YOUR LIFE!**