



# LAUGH *dance* MOVE PLAY PURE FUN

## EVERY CLASS INCLUDES:

- High Energy Dancing
- Fun with Friends
- So Much More!
- Fitness Games
- New Music Mixes

**Location:** Miami Springs Recreation Center  
1401 Westward Drive, Miami Springs, FL 33166

**Dates:** Tuesdays and Thursdays

**Times:** 5:15 p.m. to 6:00 p.m.

**Ages:** 5 years of age and up

**Price:** \$38 per month (\*sibling discounts available!)

*For more information: Please call 305-502-6391 or email [jazzerciseknights@hotmail.com](mailto:jazzerciseknights@hotmail.com)*

Junior Jazzercise offers a fun, high-energy workout with an emphasis on physical fitness for young children. Trained instructors teach children that fitness can be fun through current dance moves, games and activities, in addition they lead a discussion about basic nutrition. Children who participate in Junior Jazzercise develop a strong sense of accomplishment and build a better self image through their participation in the program alongside their peers. A non-competitive atmosphere allows them to have fun and work