



Ladies' JAM!



A fun, total body workout in just one hour held by the

Florida Jammers!!!

**Hip Hop!
Stretch!**

**Get FIT!
Have FUN!**



Class will focus on warming up your muscles and improving cardiovascular fitness with fun, **HIP HOP** choreography!

No dance experience necessary!!!

Who? ALL ladies over the age of 18.

Make your New Year's resolution happen! Come join & bring your friends!

When? Thursday nights: 6:00-7:00 PM

Starting February 18th through May 13th, 2010

Where? Room 502 at Pine View School

(1 Python Path, Osprey, FL 34239)

Room 502 is located adjacent to the gymnasium lobby, Northeast corner of the School.

Cost? \$10.00 a class (PAY AS YOU GO!)

**** Portion of tuition goes towards supporting the Florida Jammers Competition Teams! ****

**** Special discount for Pine View faculty- Please ask Tiffany for details!**

Call or e-mail us today to secure your spot in the class!

Tiffany: (941) 504 - 8861 FLJammers@aol.com

Check us out on the web: www.floridajammers.com

Hope to see you for a JAMMERIFIC time!!!

