



**Jacki Sorensen's Aerobic Dancing** originated over 45+ years ago and is a medically approved, progressive, aerobic course created for the non-dancer. Choreographed by *Jacki Sorensen*, it features a wide variety of motivating music and challenging steps. Pace yourself through class by monitoring your heartrate, and participating at a level comfortable for you. Get up and off the floor with our exclusive concept VERTIFIRM, which spot exercises the upper and lower body with the use of optional free weights. **Come dance for your workout!** Instructor is certified and CPR trained.

**Come dance for your workout** with the original Aerobic Dancing program choreographed by **Jacki Sorensen**. For all ages, shapes and sizes, this progressive course incorporates all 4 criteria of fitness – stretching & flexibility, muscle toning & strengthening and a cardiovascular workout, plus **FUN!**

**If you are able to add classes to your calendar, I would put –**  
on Monday, Wednesday & Thursday

9:00am – 10:00am  
Jacki's Aerobic Dancing

**Dates – July 9, 2018 – August 20, 2018**

**FREE CLASSES ON JULY 2 & 5 FOR NEW STUDENTS TO CHECK IT OUT!**

**Chris – 757.345.6615 or [chrismatter@hotmail.com](mailto:chrismatter@hotmail.com)**