



# Jazzercise classes at The Vault

Day & Time: Wednesday 6.30—7.30pm



If you're looking for a fun way to get fit Jazzercise was created for you! Channel your inner diva in the original dance party workout, blending dance cardio with pilates, yoga, kickboxing and strength training. Set to your favourite music our signature Dance Mixx class is a full-body workout combining 40 minutes of high intensity, dance-based cardio with 20 minutes of strength training and stretching. With easy-to-follow moves and one of our certified instructors to motivate you, you'll dance, jump, kick, plank, push-up and crunch your way to a happier, healthier you. We have various class formats, including HIIT, Strike and Core, and with in-person, livestream and global On-Demand options you'll never be bored.

Having always loved dance and fitness Julie discovered Jazzercise when she moved to Oxfordshire and has now been teaching the programme in and around Carterton for over 15 years. Classes have been online only recently so Julie, Stef and Kerry are excited to be bringing Jazzercise to The Vault on Wednesdays from 6:30 -7:30pm. All classes must be booked in advance.



To book your place, or for more information on Jazzercise and our current special offers, please contact Julie on [JazzerciseCarterton@gmail.com](mailto:JazzerciseCarterton@gmail.com) or 07905 916604.