



**Aerobic Exercise, HIIT Cardio & Dance Fitness classes  
Grimes Community Complex  
410 S. Main Street  
Grimes, IA 50111**

**Class Schedule:**

<b>Time</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>8:30 AM</b>	<b>X</b>		<b>X</b>	<b>X</b>		<b>X</b>	
<b>9:15AM</b>		<b>X</b>			<b>X</b>		
<b>4:30PM</b>							<b>X</b>
<b>5:45pm</b>	<b>X</b>	<b>X</b>		<b>X</b>			

**Schedule may change. Please call for details.**

**Feel Amazing and Look Even Better!**

Are you ready for the ultimate confidence infusion? Channel your inner pop diva in the original dance party workout. Blending dance with pilates, kickboxing, strength training and stretching, one class can burn up to 800 calories. The results? Long, lean muscles and a guaranteed mood boost!

**State of Iowa Employee Discount (show your state identification tag at class):**

- **First Class FREE (\$20 value)**
- **Sign up for FREE (no payment until the first of the following month)**
- **Pay only \$59/month – auto withdraw from credit card or checking.**
- **We accept EFT (checking acct), Visa, MasterCard, Discover, and Amex**
- **Offer cannot be combined with any other offer or promotion.**

**For information and registration, contact: Tara Beatty, Owner/Instructor  
Phone: 402.680.6906 or E-mail: [grimesjazzercise@gmail.com](mailto:grimesjazzercise@gmail.com)**