



**DRAFT**

**NEWS RELEASE**

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**Jazzercise® programs return to Township offerings at new recreation center**

THE WOODLANDS, TEXAS (January 8, 2018) – Jazzercise®, a popular fitness program, is back, offering high intensity dance workout mixing modern moves with strength training. Jazzercise returns to The Woodlands Township Parks and Recreation Department’s fitness programs at The Recreation Center at Rob Fleming Park, located at 6464 Creekside Forest Drive, 77389.

Set to Top 40 music, Dance Mixx targets the three major muscle groups for a full body workout with a high intensity mix of dance-based cardio and strength training for a calorie-crushing total body workout.

Jazzercise programs can help you rock it out, slim it down and tone it up with fresh pulse-pounding music and body-blasting moves. This high intensity dance workout targets the three major muscle groups—upper body, abs and legs—so you’ll feel it where you need it. Participants can also incinerate up to 800 calories in this 60-minute class. With Dance Mixx you’ll get toned target zones, increased energy and a mood boost. You’ll leave it all on the dance floor.

**Class Schedule, January – May:**

Monday/Wednesday mornings, 9 - 10 a.m.

Tuesday/Thursday evenings, 6 - 7 p.m.

*\*Times are listed for January - May and are subject to change during summer months*

**Location:** The Recreation Center at Rob Fleming Park, 6464 Creekside Forest Dr., 77389

**Prices:** \$56/month (One-year EFT); \$68/month (6-month EFT); \$15/class

\*No joining fee to sign up at our location!

**Ages:** 16 and up

For more information about The Woodlands Township Parks and Recreation Department’s programs, please visit [www.thewoodlandstownship-tx.gov/parksandrecreation](http://www.thewoodlandstownship-tx.gov/parksandrecreation) or call 281-516-7348.



*Jazzercise programs are now offered at The Recreation Center at Rob Fleming Park at 6464 Creekside Forest Drive in The Woodlands.*