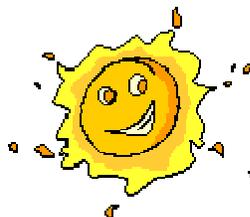


# jazzercise®

The following is our Top Ten List to make your Jazzercise workout a fun and pleasant experience for you and other participants. Please know that these Top 10 Tips were created with kindness and respect for each and every one of you...our so much appreciated Jazzercise customers!

## Top 10 tips

1. **Water Bottle:** Drink! - You will have more strength and energy if you drink water prior to, during, and after class.
2. **Shoes:** Proper foot wear for Jazzercise is very important for your safety. Your instructor will be happy to assist you in choosing the right shoes for your needs. And don't forget to double knot those shoe laces! Please be aware during wet weather to remove your outside shoes at the door.
3. **Workout Mat:** We use workout mats in most of the classes so we encourage you to bring one. We recommend a ¼ to ½ inch thickness rubber type mat. Jazzercise mats and resistance tubes along with Jazzercise Apparel are available for purchase at class.
4. **Freshen up before class:** We work hard and sweat a lot during class and some people are allergic to perfumes. Please keep them in mind and do not wear perfumes at class.
5. **Gum or candies:** Can be a choking hazard. It would be better to avoid these during exercising.
6. **Sports Bra:** Protect Cooper ligaments – once they are gone, they are gone.
7. **Be punctual:** Please do your best to be on time, we know that some things are beyond our control. You are always welcome no matter what time, but if you arrive late please find a place at the back or side of the room with consideration to our already dancing guests, and make sure you warm up first. For any reason you need to leave class or are planning on leaving class early, please be sure to let your instructor or class assistant know.
8. **Chatting:** We love that so many of our clients meet up with friends at Jazzercise and encourage you to socialize and catch up before and after class. During class though, please allow the instructor the proper attention and air time they need to guide you and your neighbors through a safe, fun and effective workout. Also we understand many of you have cell phones, to avoid distraction to your neighbors, if possible, please do not use in class, during class time.
9. **Be Space Conscious:** We know that at Jazzercise everyone has their favorite spot to dance in, sometimes we may have extra guests and ask that you will be willing to adjust your spot in order to accommodate all our guests so we can all have a great time. If a bathroom break is needed please be safe exiting through your fellow Jazzercisers, and when returning please dance at the back, or sides of the room until the routine ends and you can safely make it back to your spot.
10. **Bring your beautiful smile and your great positive attitude.**



**See you all at the class!!!**