



## NOW OFFERED HERE AT YARDVILLE CYO!

453 Yardville-Allentown Road

**Monday, Tuesday & Thursday**  
**6:15 – 7:15 p.m.**  
and  
**Saturday – 8:30 a.m.**

A high intensity mix of dance-based cardio and strength training for a calorie-crushing total body workout. This high intensity dance workout targets the 3 major muscle groups – upper body, abs and legs—so you'll feel it where you need it.

***Be sure to bring water, hand held weights and an exercise mat!***

For more information, contact Eileen Garretson

609.658.8473 | [yardvillejazzercise@gmail.com](mailto:yardvillejazzercise@gmail.com)



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