

# *Jazzercise*



Join Jazzercise instructor, Michelle, for **FREE 45 minute group fitness classes!** Be sure to wear comfortable clothing and bring water.

This seated chair (optional) workout will feature a non-cardio workout with hand weights, and strength training for a fun, low impact workout set to music.

**11:00 – 11:45 a.m.  
Mondays & Thursdays**

Pre-registration is not required

**ALL ABILITY LEVELS WELCOME**

**Osseo  
Community Center**

415 Central Avenue  
Osseo, MN 55369