



## NEWS RELEASE

**FOR IMMEDIATE RELEASE**

Contact: Carol Bjork  
509-325-0335

### **NEW JAZZERCISE FITNESS CENTER OPENS IN SPOKANE**

(SPOKANE, WA) -- Jazzercise, the largest dance-fitness program in the world, announced the opening of its newest fitness center in Spokane. Located at 1604 N. Monroe Street, the center currently offers 7 classes weekly with 3 more planned for August and 7 more planned for September.

“Jazzercise has become so popular in Spokane that we found it necessary to open our own facility,” local instructor Carol Bjork explained. “Now we can offer our students the best accommodations and the most convenient class times.”

Classes formerly held at The Woman’s Club will now take place at the new Jazzercise Fitness Center of Spokane.

The 60-minute Jazzercise class includes a warm-up, high-energy aerobic routines, muscle-toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and more to create programs for people of every age and fitness level. Alternative formats include Jazzercise Lite, Jazzercise Personal Touch and Junior Jazzercise.

#### About Jazzercise

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. She has advanced the business opportunities of women and men in the fitness industry by growing her program into an international franchise business that today, hosts a network of 6,800 instructors teaching more than 30,000 classes weekly in 30 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements, has positively affected millions of

people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. For more information on Jazzercise contact Bjork at 325-0335 or visit [jazzfitspokane.com](http://jazzfitspokane.com). For worldwide class information, go to [jazzercise.com](http://jazzercise.com) or call (800) FIT-IS-IT.

###

**Visit our home page at [jazzercise.com](http://jazzercise.com)**