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LOCAL JAZZERCISE CENTER CERTIFIES NEW INSTRUCTORS AND OFFERS MORE CLASSES

(SPOKANE, WA) – Carol Bjork, owner of the Jazzercise Fitness Center of Spokane, recently added four new Jazzercise instructors to the regular teaching line-up. Janean Creighton, Anne Marie Diosomito, Tess Parry and Kathy Tague all earned the right to teach Jazzercise by completing an intense three-day workshop and performing a letter-perfect audition.

As a result of the expanded instructor base, seven new Jazzercise dance-fitness classes were added to the weekly schedule at the center. Bjork added the classes to accommodate new participants and to provide current participants with a greater choice of convenient class times. Located at 1604 N. Monroe Street, the center currently offers 21 classes per week with 5 more planned for May/June

“I’m excited about the growth of Jazzercise locally,” said Bjork. “Jazzercise offers a unique blend of fitness and jazz dance that Spokane residents have discovered is a lot of fun. The new classes will just make it easier for participants to enjoy a workout where and when it’s convenient for them.”

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, kick-boxing 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 7,200 instructors teaching more than 32,000 classes weekly in 32 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**. For worldwide class information, go to **jazzercise.com** or call (800)FIT-IS-IT.

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