



“The JazzRag”



Beach Cities Jazzercise Newsletter and Schedule

Class Owners: Marie Hoffman and Dwain Roqué






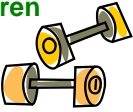

Classes are held at Temple Menorah in Redondo Beach – 1101 Camino Real

Clark Stadium in Hermosa Beach – 861 Valley Drive

Parras Middle School in Redondo Beach – 200 N. Lucia

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March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Clark Std. 8:45AM Karen	1 Temple M. 9:00AM Dwain Clark Std. 5:45PM Mel	2 Parras 5:45PM Mel	3 Temple M. 9:00AM Dwain Clark Std. 6:00PM Marie	4 Parras 5:45PM Mel	5 Temple M. 9:00AM Marie Clark Std. 5:45PM Mel	6 Clark Std. 8:45AM Marie 
7 Clark Std. 8:45AM Karen Karen gets monitored. Come support her!	8 Temple M. 9:00AM Dwain Clark Std. 5:45PM Dwain	9 Parras 5:45PM Mel	10 Temple M. 9:00AM Dwain Clark Std. 6:00PM Dina	11  Parras 5:45PM Mel & Marie	12 Temple M. 9:00AM Circuit Dwain Clark Std. 5:45PM Mel: Parade Practice	13 No Class St. Patrick's Day Parade 
14 Clark Std. 8:45AM Marie	15 Temple M. 9:00AM Dwain Clark Std. 5:45PM Dwain	16  NO CLASS	17 Temple M. 9:00AM Dwain Clark Std. 6:00PM Marie	18  Parras 5:45PM Mel	19 Temple M. 9:00AM Circuit Dwain Clark Std. 5:45PM Dina	20 Clark Std. 8:45AM Marie 100 Club Brunch!
21 Clark Std. 8:45AM Karen 	22 Temple M. 9:00AM Dwain Clark Std. 5:45PM Dwain	23 Parras 5:45PM Marie	24 Temple M. 9:00AM Dwain Clark Std. 6:00PM Dwain & Marie	25 Parras 5:45PM Mel	26 Temple M. 9:00AM Circuit Dwain Clark Std. 5:45PM Dina	27 Clark Std. 8:45AM Marie 
28 Clark Std. 8:45AM Karen & Marie	29 Temple M. 9:00AM Dwain Clark Std. 5:45PM Dwain	30 Parras 5:45PM Mel	31 Temple M. 9:00AM Dwain Clark Std. 6:00PM Marie	1 APRIL Parras 5:45PM Mel	2 Temple M. 9:00AM Circuit Dwain Clark Std. 5:45PM Dwain	3 Clark Std. 8:45AM Marie

Save the dates:

March 13th

St Patrick's Day Parade

March 20th

100 club/200 Club Brunch at Marie and Dwain's

May 15th

L.A. Galaxy Halftime Show

June 26th

Disneyland Main St. Parade

Regular Prices

8-weeks

Unlimited \$99

(\$12.38 a week)

2 times wk: \$6.20/class

3 times wk: \$4.12/class

Single Class: \$10.00

NOTE: We will credit the \$10 if your sign up for EFT or an 8-week pass at the same class!

Best Deal!

EFT... \$39

(\$9 a week)

Unlimited Jazzercise

In Hermosa and Redondo Beach!

2 times wk: \$4.50/class

3 times wk: \$3.00/class