



Huge Thanks to Everyone Who Supported Our Breast Cancer Events!!!

We raised \$500 at Dance for the Cure!
And, another \$275 dollars at Girls Night Out!
Total Donations: \$775 - A record!!!

Your generosity and support is more than appreciated. 100% off all proceeds from both events is being sent to the Susan G. Komen for the Cure

Mark Your Calendars!!! Thanksgiving Day Black Friday

Thanksgiving Day 11/28
8:00a Shake it While You Bake It (CG)
(please note earlier start time!)

Black Friday 11/29
9:15a Rhomp After You Chomp (SB)
(Team Taught Fun!)

**Our Monthly Calendar Is
Always on our
Springboro/Centerville website:
Click Here:**

www.jazzercisespringborocenterville.com

**Special Note: We are putting our
Thursday 6p class at SF on hiatus
for the rest of the year!
Class at 6P on SVA on Thursdays!**

Congratulations October 2019 Goal Getters

**Bridget Weckesser * Marilyn Peterson
Kathleen Donahue * Michele Auten
Carolyn Little * April Bellar
Stephanie Lewis * Kathy Stiens**

**150 Classes in 2019
Goal Getter Free Tee**

When Was The Last Time You Changed Your Workout Shoes?

The right shoe can make or break your workout. After all, an ill-fitting shoe can cause pain, injury and frustration.

Jazzercise classes are diverse and demand lateral movement, agility and stability. Look for a pair of lightweight cross-trainers with ankle and arch support. You will likely want a shoe with a wide toe box and a soft, flexible sole to grip the floor and maneuver in a variety of formats.

Once you have the right shoe for the workout, it's important to replace them periodically. Shoes may lose their support or cushion long before they actually look worn. In fact, your body may signal shoe break down with aches or pains in your feet, shins, knees or back. Visit a specialty athletic store to have a professional measure your foot and watch your gait. A trained professional can recognize wear in your current shoes, watch your gait and provide recommendations.

Most experts suggest replacing shoes every six months, especially if you are attending class several times each week. You can extend the life of your fitness shoes by using them only when you exercise. Purchase a casual pair of sneakers to jet around town. This will prevent wear and tear from standing or walking and allow you to look forward to lacing up for exercise.

Brigger, Kary	147
Smith, Karen	146
Zimmer, Maribeth	140
Bair, Leslie	139
McBride, Mary Beth	139
Streetz, Kathleen	138
Ungerman, Kathryn	138
Coffield, Stephanie	137
Martin, Janis	136
Rychlewski, Tina	136
Teets, Becky	132
Wray, Lisa	129
Kumbhani, Kamal	127
Gillette, Andrea	124
Phibbs, Kathy	123
Headrick, Susan	122



Zimmer, Maribeth	November 5
Wright, Myra	November 8
Bitzer, Joan	November 14
Bair, Leslie	November 18
Lutton, Sarah	November 23
Phibbs, Kathy	November 23
Erickson, Jodi	November 24
Kizer, Sharon	November 26
Anderson, Nancy	November 30

**Please remember all
Jazzercise Promotions
are while supplies last.**

**Class counts for Fit Club
are approximate**

Jazzercise Springboro Centerville * 937-623-1926 * www.jazzercisespringborocenterville.com

STAY CONNECTED

