



Junior Jazzercise

Junior Jazzercise is a perfect program to get girls active and learn the importance of exercise and health. The program combines fun, easy-to-follow dance moves to popular music, fitness games and light strength training. The non-competitive atmosphere is the perfect setting to introduce girls to fitness. Girls are not required to have any dance experience.

This one hour class will consist of dance/exercise, light strength-training and stretching as well as discussions on healthy lifestyle and staying fit.

Who: Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Adults (classes are adapted per age group)

When: Call to arrange times.

Cost: \$10 per participant (includes Junior Jazzercise fun patch)

Recognitions: Girls can receive a Junior Jazzercise fun patch for participating and may also be working toward meeting requirements for dance, fitness and nutrition-related badges, depending upon their age level.

Capacity: Minimum 10. Call or email for more information.

Where: Call to arrange location in the Omaha area. Contact us to discuss possibilities:

- Jen at 402.305.8829 or [by email](#)
- Stacy at 402.320.0528 or [by email](#)

Registration: Contact Jen at 402.305.8829 or [by email](#), or Stacy at 402.320.0528 or [by email](#).

Chaperones: Follow [Safety Activity Checkpoints](#).

Refunds: A 48-hour notice is required for refunds.

Questions: Contact Jen at 402.305.8829 or [by email](#), or Stacy at 402.320.0528 or [by email](#).

[Click here to visit the Junior Jazzercise website.](#)