

Jazzercise



11:00 – 11:45 a.m.
Mondays & Thursdays
Starting September 1

NO PRE- REGISTRATION
REQUIRED

ALL ABILITY LEVELS
WELCOME

Osseo Community Center
Room B
415 Central Avenue
Osseo, MN 55369

Join Jazzercise instructor, Michelle, for **FREE** 45 minute group fitness classes! Be sure to wear comfortable clothing and bring water.

This seated chair (optional) workout will feature a non-cardio workout with hand weights, and strength training for a fun, low impact workout set to music.