



Santa Shaped Up Last Year...How About YOU This Year?

Give Yourself or someone you love the "Gift of Health & Fitness" this Christmas!

Gift Certificates Available!

WINTER 2010 SESSION CLASSES START THE WEEK OF JANUARY 11th

Unless otherwise indicated.

Sheilasfitnessjam.com

Call Today! 633-1833



378 Harris Hill
Williamsville, New York 14221

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by Sheila's Fitness Jam.
ZUMBA GOLD is designed specifically for the "Baby Boomer" generation and is also perfect for any person who is starting up or coming back to exercise. Zumba Gold® has the same "party" atmosphere as Zumba®, offering the same Latin rhythms and easy to follow moves. Zumba Gold® is a safe, effective and fun workout that gives specific attention to such issues as balance, as well as hip, shoulder and joint considerations. Zumba Gold® is a safe, effective and fun workout suitable for adults of ALL ages!!
DON'T MISS THE FITNESS PARTY!

being healthy and fit, that will last a lifetime. This is a brand new program developed by Zumba® and Staffed by Sheila's Fitness Jam. Zumba® is offered as an after-school program. Call us if you would like it offered at your child's school.
ZUMBA® The HOTTEST new workout!
Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Get hooked on working out. Zumba® routines tone and sculpt your body while burning fat. In the past years Zumba® has become nothing short of a revolution. Coining the concept of fitness-party™, Zumba® has spread like wildfire and is the best party around and now offered

on the essence and basic principles of the late Joseph H. Pilates and is designed to strengthen, lengthen, and tone muscles, especially the deep abdominal muscles that build core strength. Please bring a mat to class. Private Pilates Reformer Lessons Available - Call 207-9111
MUSCLE FLEX Fitness JAM!
THE BEST 30 MINUTE WORKOUT – it's QUICK...IT WORKS! Challenge every major muscle group in JUST 30 MINUTES!
KIDZ ZumbaTomics®
Kids love to dance, wiggle, and sing along to great songs. It's a fact, kids are not as fit as they should be. We will teach them how to have a blast exercising and learn things about

Sheila's Aerobic JAZZ!
A little JAZZ, a little FUNK, a little HIP HOP, a lot of FUN! WN's original aerobic dance company is once again offering the most up-to-date and fun-filled workouts at convenient locations. This totally balanced, interval training fitness program, includes a thermal warm up, active stretch, and low-impact aerobic dance routines. The use of light weights, final cool down, stretch and floor work make this the total body workout. Please bring a mat and 1#-2# weights to class.
MAT PILATES for Fitness!
Pilates is a contemporary approach to mind-body exercises. This one hour class is based



Look Great! Feel Better! Have Fun!

Winter 2010 Session

Classes Start January 11th
Unless otherwise noted.

Aerobic Fitness JAM! 10 Week Winter Session

(SAJ) = Sheila's Aerobic Jazz

(FLEX) = Muscle Flex

(Z) = Zumba

(Z) = Zumba Gold

(PILATES) = Mat Pilates

AMHERST

HARLEM ROAD COMMUNITY CENTER

4255 Harlem Road

(1) SAJ Mon & Wed 6:00 pm

MAPLEMERE ELEM

236 East Maplemere Rd

(2) Zumba Gold - Wed 6:00 pm

MONTGOMERY PARK

6363 Transit Rd

(3) Zumba Gold - Tues 6:00 pm

ALDEN Start date: Feb 2

ALDEN PRIMARY

11197 Broadway

(4) Zumba Gold - Tues 5:30 pm

(5) Pilates - Thurs 5:30 pm

BUFFALO - SOUTH

ST THOMAS AQUINAS' ELEM GYM

20 Athol Street

(6) SAJ - Mon & Wed - 6:00 pm

(7) Zumba Gold - Sat 8:30 am

(8) Pilates - Thurs 6:00 pm

CHEEKTOWAGA

MARYVALE COMM ED BLDG.

777 Maryvale Dr

(9) SAJ - Mon & Wed 6:00 pm

(10) Zumba Gold - Mon 5:00 pm

CLARENCE

DAVID DE MARIE STUDIO

8965 Sheridan Dr www.daviddemarie.com

(11) SAJ - Mon & Wed & Fri & Sat 9:00 am

(12) SAJ - Mon & Thurs 6:30 pm

(13) FLEX - Mon & Wed & Fri 8:30-9:00 am

(14) FLEX - Mon & Thurs 6:00-6:30 pm

(15) Zumba Gold - Tues 9:00 am

(16) Zumba - Thurs 7:30 pm

(17) Zumba - Sat 9:00 am

(18) Pilates - Tues 10:00 am

(19) Pilates - Thurs 9:30 am

EAST AURORA

IMMANUEL LUTHERAN CHURCH

43 Pine St

(20) SAJ - Mon & Wed - 6:00 pm

(21) Zumba Gold - Tues 6:00 pm

(22) Zumba Gold - Thurs 6:00 pm

ELMA Start date: Jan 20

ELMA PRIMARY

711 Rice Rd

(23) Zumba Gold - Wed 6:30 pm

KENMORE

DEERHURST PRESBYTERIAN CHURCH

257 Deerhurst Park Blvd

(24) SAJ - Tues & Thurs 6:00 pm

(25) Zumba Gold - Sat

LANCASTER

JOHN A SCIOLE ELEMENTARY

86 Alys Drive E.

(26) Zumba Gold - Mon 6:30 pm

COMO PARK ELEMENTARY

1985 Como Park Blvd

(27) SAJ - Tues & Thurs 7:00 pm

(28) Pilates - Tues 6:00 pm

(29) Zumba Gold - Thurs 6:00 pm

LADIES WORKOUT EXPRESS

5497 Broadway

(30) SAJ - Mon & Wed 6:00 pm

ORCHARD PARK Start date: Feb 1

O.P. HIGH SCHOOL

Located in "The Commons"

4040 Baker Rd

(31) Zumba - Wed 6:30 pm

PENDLETON

STARPOINT INTERMEDIATE SCHOOL GYM

4363 Mapleton Rd

(32) Zumba - Tues 7:00 pm

(33) SAJ - Mon & Wed 7:00 pm 8 weeks \$65

CITY OF TONAWANDA

RIVERVIEW SCHOOL GYM

55 Taylor Dr

(34) SAJ - Tues & Thurs 6:00 pm

(35) Zumba Gold - Wed 4:00 pm

(36) Zumba Gold - Wed 6:30 pm

N. TONAWANDA Start date: Jan 25

OHIO ELEMENTARY SCHOOL

25 Ohio Street

(37) Zumba Gold - Thurs 4:45 pm

(38) Zumba - Thurs 5:45 pm

WEST SENECA

ST DAVID'S EPISCOPAL CHURCH

3951 Seneca Street

(39) SAJ - Mon & Thurs 6:30 pm

(40) Zumba Gold - Thurs 5:30 pm

WILLIAMSVILLE

PALLADIAN HEALTH

6460 Main St (Bflo Cardiology)

(41) FLEX - Tues 5:30 pm & Thurs 5:30 pm

(42) SAJ - Tues 6:00 pm - Thurs 6:00 pm

(43) FLEX - Sat 8:00 am

HEIM ELEMENTARY New Location!

Start date: Feb 8

175 Heim Rd

(44) Zumba Gold - Mon 6:00 pm

SAJ & FLEX CLASS PASSES:

10 - classes - \$55

20 - classes - \$75

30 - classes - \$110

Unlimited pass - \$140

(Unlimited classes for 10 weeks)

ALL ZUMBA® AND MAT PILATES CLASSES MEET ONCE A WEEK

8 - CLASSES - \$59

2 - ZUMBA® OR

2 - PILATES CLASSES/WK

8 - WEEKS - \$110

UNLIMITED ZUMBA OR PILATES CLASSES - 8 WEEKS - \$140

"UNLIMITED UNLIMITED"

CLASS PASS ZUMBA, SAJ, FLEX,

PILATES - \$150

Register Today!

(716) 633-1833

www.sheilafitnessjam.com

MANY CLASSES FREE OR DISCOUNTED WITH INDEPENDENT HEALTH FLEX FIT AND UNIVERA ACTIVE ANYTIME REWARDS

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Transitions Lifestyle System®

FOLLOW THE TRANSITIONS LIFESTYLE SYSTEM COMPLETELY FOR 12 FULL WEEKS AND IF YOU DON'T LOSE 10 lbs. OR 10" WE WILL GIVE YOU 50% OF YOUR MONEY BACK!

12 WEEK WEIGHT MANAGEMENT CLASSES

NOW FORMING!

Call for More Info! (716) 633-1833

FOR REGISTRATION CLIP & MAIL Program you are registering for, check all that apply!

SAJ FLEX

Type of Pass: 10 class pass \$55
20 class pass \$75
30 class pass \$110
Unlimited class pass \$140

Location class #(s) _____

ZUMBA GOLD ZUMBA PILATES

Type of Pass: 8 class pass \$59
16 class pass \$110
Unlimited class pass \$140

Location class #(s) _____

Name _____

E-mail address: _____

Address _____

VISA MasterCard Expiration Date _____

Phone (H) _____ (W) _____

Account # _____

City _____ State _____ Zip _____

Signature _____

UNLIMITED UNLIMITED CLASS PASS

Enjoy unlimited classes of all our programs! \$150

Location class #(s) _____

TOTAL AMT. ENCLOSED:

Registrations will be processed in the order received. Class size is limited. No refunds after classes start and \$25 fee for checks returned for any reason

Checks payable to: SHEILA'S FITNESS JAM
378 Harris Hill, Williamsville, NY 14221