

Happy NEW YEAR...NEW YOU!!!

Why Not Do Something Good For Yourself in 2012? Look Better, Feel Better, Have FUN!

Now Offering:

Sheila's Aerobic Jazz - WNY's Original Aerobic Dance Co.
Zumba, Zumba Gold, Zumbatomic, Muscle Flex, Mat Pilates & Yoga

www.sheilasfitnessjam.com

"LIKE" US ON FACEBOOK AND RECEIVE HEALTH AND NUTRITION TIPS, UPDATES AND SPECIAL OFFERS

378 Harris Hill
Williamsville, New York 14221

Fitness Jam!
by Sheila

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Buffalo, NY
Permit No. 2

by Sheila's Fitness Jam.
ZUMBA GOLD
Designed for Baby Boomers +
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, shoul-
der and joint considerations. Zumba Gold® is
a safe, effective and fun workout suitable for
adults of ALL ages!!
DONT 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.
Zumbatomic® 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 fol-
low moves to create a dynamic fitness pro-
gram 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 fit-
ness-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 Zumbatomic®
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! WNY'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
thorough 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!

Fitness Jam!
by Sheila

Sheila's Fitness Jam Winter Session 2012

Classes Start Jan. 9th
Unless otherwise noted.

10 Week Fall Session

(SAJ) = Sheila's Aerobic Jazz

(FLEX) = Muscle Flex

(Z) = Zumba

(Z) = Zumba Gold

(PILATES) = Mat Pilates

(YOGA) = Yoga

AMHERST

HARLEM ROAD COMMUNITY CENTER

4255 Harlem Road

(1) SAJ Mon & Wed 6:00 pm

MAPLEMERE ELEM Start date: Jan 23

236 East Maplemere Rd

(2) Zumba - Mon 6:00 pm

(3) NEW KIDZ CLASS -

Zumbatomic - Wed 6:00 pm

ALDEN Start date: Feb 7

ALDEN PRIMARY

11197 Broadway

(4) Pilates - Tues 5:30 pm

(5) Yoga - Thurs 5:30 pm

(6) Zumba Gold - Tues 6:30 pm

BUFFALO - SOUTH

ST THOMAS AQUINAS' ELEM GYM

20 Athol Street

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

(8) Zumba Gold - Sat 9:00 am

CHEEKTOWAGA

CHEEKTOWAGA UNION FREE SCHOOL

3550 Union Rd

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

CLARENCE

DAVID DE MARIE STUDIO

8965 Sheridan Dr www.daviddemarie.com

(10) SAJ - Mon Wed Fri 9:00 am Sat 8:30 am

(11) FLEX - Mon & Wed & Fri 8:30 am

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

(13) FLEX - Mon & Thurs 6:00 pm

DEPEW/CHEEKTOWAGA

DRY GULCH DANCE HALL

3145 Walden Ave

(14) Muscle Flex - Mon & Wed - 5:30 pm

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

(16) Zumba - Mon - 7:00 pm

EAST AURORA

IMMANUEL LUTHERAN CHURCH

43 Pine St

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

CHRISTIAN SCIENCE CHURCH OF E.A.

367 Main St (Bldg behind church)

(18) Zumba - Mon 6:00 pm

(19) Zumba - Thurs 6:00 pm

ELMA Start date: Jan 18

ELMA PRIMARY

711 Rice Rd

(20) Zumba - Wed 6:30 pm

KENMORE

DEERHURST PRESBYTERIAN CHURCH

257 Deerhurst Park Blvd

(21) SAJ - Tues & Thurs 6:00 pm, Sat 9:00 am

(22) FLEX - Tues & Thurs 7:00 pm

LANCASTER

COMO PARK ELEMENTARY

1985 Como Park Blvd

(23) Zumba Gold - Thurs 6:00 pm

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

(25) Pilates - Tues 6:00 pm

ORCHARD PARK Start date: Feb 1

O.P. HIGH SCHOOL

Located in "The Commons"

4040 Baker Rd

(26) Zumba - Wed 6:30 pm

NORTH TONAWANDA Start date: Jan 31

OHIO ELEMENTARY SCHOOL

25 Ohio St

(27) Zumba/Zumba Gold - Tues 5:30 pm

ST PAUL LUTHERAN CHURCH

453 Old Falls Blvd

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

PENDLETON

STARPOINT INTERMEDIATE SCHOOL GYM

4363 Mapleton Rd

(29) SAJ - Mon & Wed 7:30 pm

(30) FLEX - Mon & Wed 7:00 pm

NEW MUSCLE FLEX LOCATION!

(31) Zumba - Thurs 7:00 pm

WEST SENECA Start date: Feb 2

ST DAVID'S EPISCOPAL CHURCH

3951 Seneca St - Next to Southgate Plaza

(32) Zumba - Thurs 6:00 pm

WILLIAMSVILLE Start date: Jan 26

All programs 8 weeks - call for price!

COUNTRY PKWY ELEMENTARY SCHOOL

35 Hollybrook drive

(33) FLEX - Tues 6:00 pm

NEW MUSCLE FLEX LOCATION!

(34) FLEX - Thurs 6:00 pm

(35) SAJ - Tues 6:30 pm

(36) SAJ - Thurs 6:30 pm

(37) Zumba Gold - Tues 7:30 pm

(38) Zumba Gold - Thurs 7:30 pm

BUFFALO CARDIOLOGY GYM

6460 Main St

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

Sat 8:00 am

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

(41) LATIN JAM - Sat 8:30 am

SAJ & FLEX CLASS PASSES:

10 - classes - \$55

20 - classes - \$75

30 - classes - \$110

Unlimited pass - \$140

(Unlimited classes for 10 weeks)

ALL ZUMBA®, YOGA & MAT PILATES
CLASSES MEET ONCE A WEEK

8 - CLASSES - \$59

2 - ZUMBA® OR 2 - YOGA OR

2 - PILATES CLASSES/WK

8 - WEEKS - \$110

Register Today!

(716) 633-1833

www.sheilafitnessjam.com

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

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Zumba® Fitness LLC, used under license. www.zumba.com

Bring a **NEW** student to:

ZUMBA or Zumba Gold
\$100 for 2 - 8 class passes!
(save \$8 each)

-OR-

Sheila's Aerobic Jazz
\$125 for 2 - 20 class passes!
(save \$12.50 each)

*Registrations must be
received together and one must
be a new student.

facebook

"LIKE" US ON FACEBOOK AND
RECEIVE HEALTH AND NUTRITION TIPS,
UPDATES AND SPECIAL OFFERS!

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 YOGA

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

(Unlimited class passes are not valid at Community Ed Locations)

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