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JAZZERCISE TV PROGRAM BRINGS DANCE FITNESS TO YOUR LIVING ROOM

Jazz Cardio Strength Stretch 30-Minute TV Program Airs on 265 Stations in U.S.

CARLSBAD, Calif. (January 13, 2011) — Jazzercise, the world's leading dance fitness program, has taken its popular group fitness class to the airwaves with a dynamic workout series, *Jazz Cardio Strength Stretch (JCSS)*. Each half hour exercise program combines fast-paced cardio with strength and stretch routines for a total body workout designed to sculpt, tone and lengthen muscles for maximum fat burn. The JCSS series features 25 programs that air on more than 265 public access stations in 40 states.

"Jazz Cardio Strength Stretch is a fun and easy-to-follow dance based workout that follows the structure of the popular Jazzercise class experience," said Jazzercise Marketing Director Lori Enfield. "JCSS has continued to grow in popularity since it launched five years ago with the total number of outlets airing the programs more than doubling in the last three years."

Choreographed by fitness pioneer and Jazzercise founder & CEO, Judi Sheppard Missett, each JCSS program features Missett and certified fitness instructors leading high energy dance fitness workouts. Each workout also features a low impact option. New JCSS programs are produced annually by JM DigitalWorks, a division of Jazzercise, and are available to public access stations at no cost. Learn more about JCSS and check out a preview of Jazz Cardio Strength Stretch.

About Jazzercise

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. She has advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, and cardio box movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. Additional Jazzercise programs include Junior Jazzercise, Jazzercise Lite and Personal Touch. For more information about Jazzercise, go to jazzercise.com or call (800) FIT-IS-IT.

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