

**Jazzercise and
Girl Scouts.
Perfect together!**

Looking for an activity for your Brownie or Girl Scout troop to earn a badge? Well, Jazzercise is the perfect Try It activity for girls of all ages.

The Dancercise Try-It, under "Taking Care of Yourself" is a perfect way to introduce fitness to a new generation, it's never too early to start. And we will have such fun!!

I have been a Certified Jazzercise Instructor for over 15 years, teaching in Hillsborough for about 8 years. I am a firm believer in the importance of teaching our children about fitness NOW, so that they continue to be active throughout their lives. I'd like to invite you and your troop to the Jazzercise Fitness Center @ Hillsborough, located in the Kingsbridge Center. The process for earning a Badge at Jazzercise takes about 60-75 minutes and here is a loose agenda for the event:

Opening Statements by Troop Leader

Introduction of Instructor

Short Fitness Talk

Jazzercise time!

Stretch

Q and A time

Light Healthy Snack Break

Badge Presentations (optional)

The fee for this event is \$7.50 per Brownie/Girl scout.

If you are interested in having your troop earn their badge at Jazzercise please contact Vikki Goyins at:

**vikki4jazz@aol.com or
908-369-0400**