

Jazzercise at Academy of Dance - Agoura Hills

agoura hills

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Jazzercise at Academy of Dance - Agoura Hills

Experience Jazzercise at the Academy of Dance in Agoura Hills

If you're looking for an energizing workout that combines strength training, aerobics, and fun, look no further than Jazzercise at the Academy of Dance in Agoura Hills, California. This fitness center has established itself as a welcoming space where individuals of all ages can find joy in movement while making new friends.

Inclusivity and Amenities

Jazzercise is dedicated to creating an inclusive environment. One of the standout features is its ****gender-neutral toilets****, ensuring that everyone feels comfortable during their visit. The ****wheelchair-accessible car park**** and ****wheelchair-accessible entrance**** make it easy for all members of the community to access this fantastic facility.

Accessible Fitness for Everyone

With classes running Monday through Friday from 9:15 AM to 10:15 AM, plus additional stretching or core sessions for 20 minutes afterward, there are ample opportunities to fit fitness into your routine. Saturday classes also provide an exciting option for those seeking a weekend workout. Participants report a wide range of abilities, with ages spanning from 30 to 70. Whether you're a beginner or someone looking for a more intense challenge, there's something for everyone. Tuesday classes feature an exhilarating mix of 45 minutes of strength training followed by 45 minutes of aerobic exercises, while Wednesday and Friday sessions emphasize a more rhythmic approach.

A Community Like No Other

What sets Jazzercise apart is the sense of community it fosters. Many attendees have shared that it's not just about working out; it's about creating connections. The friendly atmosphere encourages social gatherings outside of class, such as coffee meet-ups and potlucks, ensuring that friendships blossom alongside fitness goals.

Why Choose Jazzercise?

With an amazing instructor like Chris Spooner leading the way, attendees are guaranteed a fantastic experience. Chris's enthusiasm and dedication shine through every lesson, making it easy to stay motivated. From current music selections to different workout formats, Jazzercise effectively engages participants, allowing them to burn calories while having a blast.

Conclusion

In conclusion, if you're searching for a dynamic and friendly fitness experience, look no further than Jazzercise at the Academy of Dance in Agoura Hills. With its focus on accessibility, gender inclusivity, and community spirit, there's no better place to start your fitness journey. Join the amazing group of women, challenge yourself, and have fun getting fit!

The address of our establishment is

30135 Agoura Rd Suite A, 91301 Agoura Hills, California - United States (US)

The phone of this **Fitness center** is +1818-292-0879

And if you want to send a WhatsApp, you can do so at +1818-292-0879

Our public attention hours are:

Day Hours

Monday

8:30–9:30?AM

Tuesday

Closed

Wednesday

9–11?AM

Thursday

9–11?AM

Friday

9–11?AM

Saturday

9–11?AM

Sunday

9–11?AM

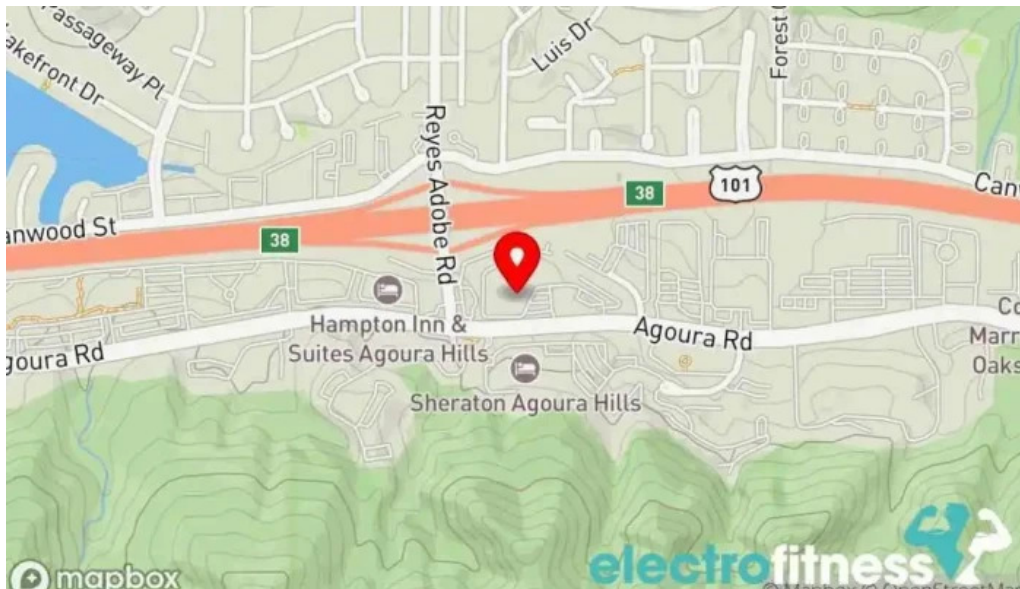
The website is [Jazzercise at Academy of Dance](#)

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Images



Jazzercise at academy of dance street view 360deg



Jazzercise at academy of dance map



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Jazzercise at academy of dance agoura hills

Tags

Wheelchair-accessible car park, Gender-neutral toilets, Amenities, Accessibility, Wheelchair-accessible entrance, Toilet

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