

## Jazzercise - Alameda

alameda

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*alameda*

## *Jazzercise - Alameda*

### Discover Jazzercise in Alameda, California

If you're looking for a dynamic and engaging way to enhance your physical fitness, look no further than **\*\*Jazzercise\*\*** in Alameda, California. This innovative fitness program combines dance, strength training, and cardio, providing a holistic approach to wellness that leaves participants feeling energetic and fulfilled.

### Accessibility Features

Jazzercise in Alameda is committed to ensuring that everyone can join in on

the fun. The facility boasts a **\*\*wheelchair-accessible entrance\*\***, making it easy for individuals with mobility challenges to participate. Additionally, there is a **\*\*wheelchair-accessible car park\*\*** available, ensuring convenient access for all attendees.

## **On-Site Services and Online Classes**

For those who prefer working out at home, Jazzercise offers **\*\*online classes\*\*** that cater to various fitness levels. This flexibility allows you to maintain your routine, whether you prefer the vibrant atmosphere of in-person workouts or the convenience of at-home sessions. On-site services include personalized guidance from experienced instructors like Karen Park, who ensures that each participant receives the attention they need to maximize their workout.

## **A Community Focused on Fitness**

Many members have praised the welcoming and uplifting community at Jazzercise. One long-time participant shared, "I love the music. I love the dancing, working out with weights, some stretching and toning. I feel great. And I enjoy the social aspect of getting out and meeting new people." This sentiment reflects the **\*\*accessibility\*\*** of the program, which is designed for individuals at all fitness levels.

## **Expert Instruction for All Levels**

Under the guidance of Karen Park, attendees benefit from expert instruction that emphasizes proper form and technique. One satisfied member stated, "Karen Park and her staff are very professional and know how to help you to get in shape." With such a strong focus on technique, participants can confidently engage in workouts that are both effective and enjoyable.

## **Join the Movement**

If you are seeking a fitness program that offers **\*\*service options\*\*** tailored to individual needs while fostering a sense of community, Jazzercise in Alameda is the perfect choice. With its exciting dance routines and committed instructors, you'll not only improve your physical health but also experience a boost in your mental well-being. Come join the uplifting community of delightful people at Jazzercise and embark on your fitness journey today!

## **You can find us in**

3183 Mecartney Rd, 94502 Alameda, California - United States (US)

The phone number of said **Physical fitness program** is +1510-865-2213

And if you want to send a WhatsApp, you can do so at +1510-865-2213

## Visit us during the following hours:

Day Hours

Monday

5:30–6:30?PM

Tuesday

9–10?AM 5:30–6:30?PM

Wednesday

5:30–6:30?PM

Thursday

9–10?AM

Friday

9–10?AM

Saturday

Closed

Sunday

9–10?AM

The website is [Jazzercise](#)

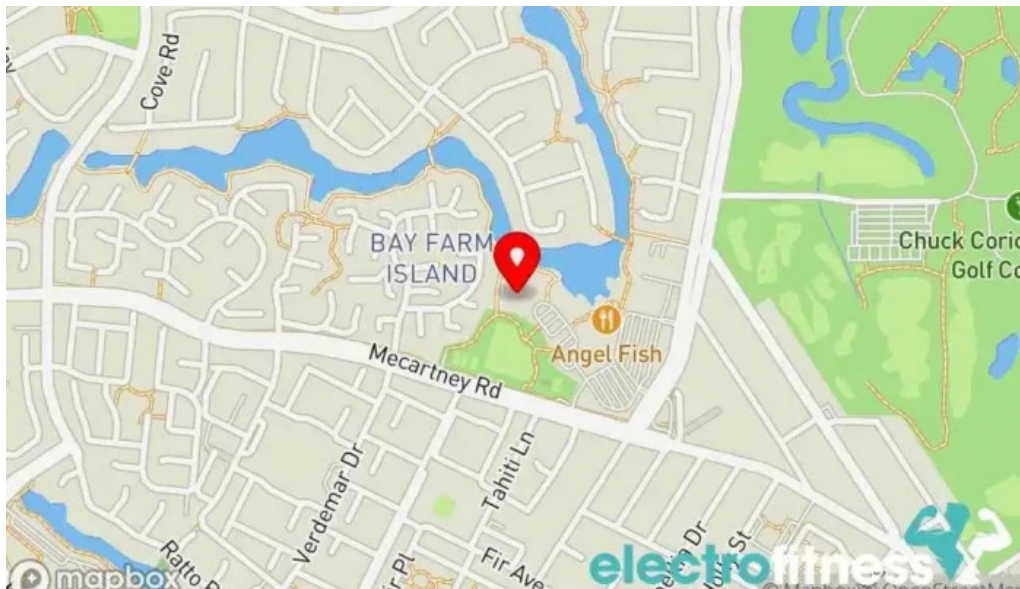
In case you want to modify any detail that you consider is not accurate about this page, please deliver a message so that we will adjust it promptly. Thanks beforehand thanks for your cooperation.

## Images



*Jazzercise street view 360deg*

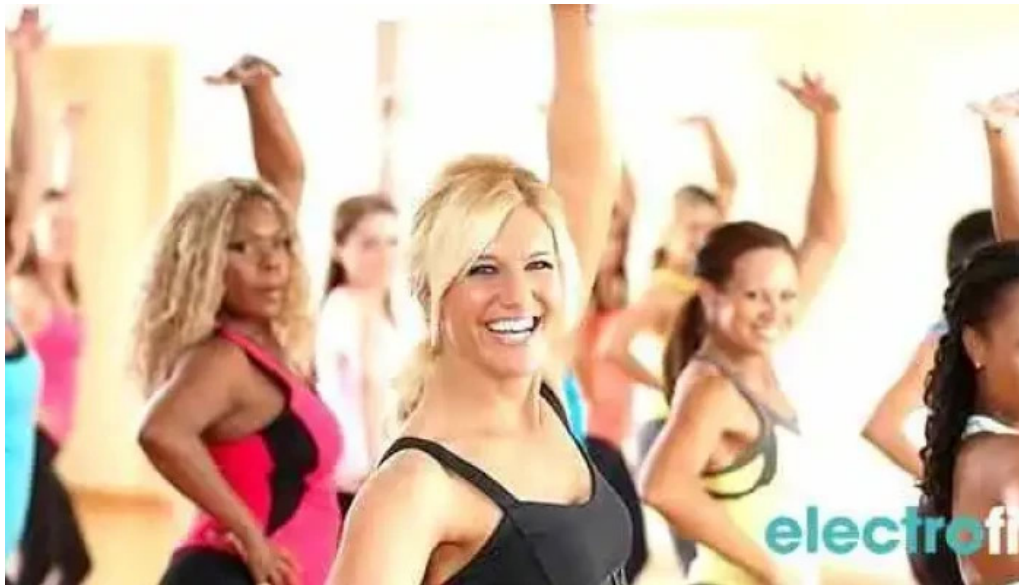




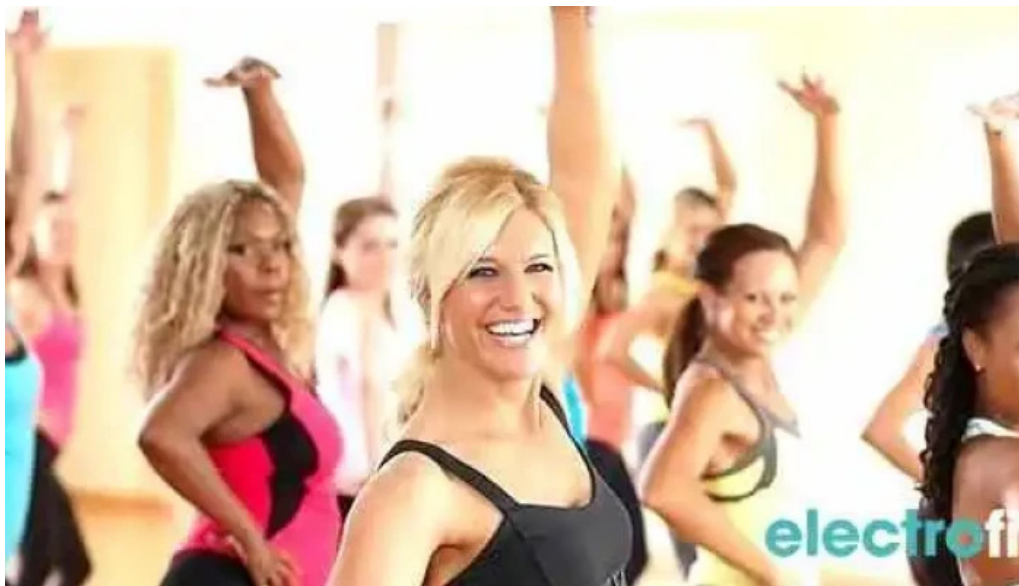
*Jazzercise map*



*Jazzercise by owner*



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## Tags

*Service options, Wheelchair-accessible car park, On-site services, Accessibility, Wheelchair-accessible entrance, Online classes*

## Related content

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**5.0 \*** *Jazzercise Santa Fe Dance Station - Santa Fe*

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**4.9 \*** *Jazzercise - Thornton*

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**4.9 \*** *Jazzercise - Acton*

<b>4.8 *</b>	<i>Jazzercise Spokane Center North - Spokane</i>
<b>4.0 *</b>	<i>Jazzercise Hastings - Hastings</i>
<b>5.0 *</b>	<i>Jazzercise Meridian at Meridian Park and Rec - Meridian</i>
<b>4.6 *</b>	<i>Jazzercise - Hesperia</i>
<b>4.9 *</b>	<i>Battlefield Jazzercise Gettysburg - Gettysburg</i>
<b>4.8 *</b>	<i>Jazzercise Waterbury - Waterbury</i>

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academic department
acupuncture clinic
after school program
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amusement park ride
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apartment complex
aquatic centre
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association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor

country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club

martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic



sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization