

Middlebury Jazzercise at Vermont Sun - Middlebury

middlebury

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Welcome to Middlebury Jazzercise at Vermont Sun

If you're looking for a dynamic and engaging fitness experience, look no further than ****Middlebury Jazzercise**** located at Vermont Sun in Middlebury, Vermont. This unique program combines fitness with fun, making every workout feel like a party.

A Wheelchair-Accessible Facility

Accessibility is a priority at Middlebury Jazzercise. The facility boasts a

****wheelchair-accessible car park**** and an on-site ****wheelchair-accessible toilet****, ensuring comfort for all members. With ****free parking lot**** options available, you can easily access your workout without the hassle of finding a space.

Inclusive Amenities and Service Options

From the moment you step into the studio, you're greeted by a warm, welcoming environment. This is not just a dance fitness program; it's a community where everyone feels at home. Middlebury Jazzercise identifies as ****women-owned**** and is proud to be a ****transgender safe space**** and ****LGBTQ+ friendly****. The amenities include on-site parking and an array of ****on-site services**** designed for everyone, regardless of fitness levels. Participants appreciate the ****crowd**** atmosphere, where all skills are welcome, and there's an emphasis on ****fun and effective workout**** routines.

Online Classes Available

For those who prefer to work out from home, Middlebury Jazzercise also offers ****online classes**** recorded and available 24/7. This flexibility allows members to fit workouts into their busy schedules, ensuring that fitness can be a consistent part of their lives.

A Joyful Workout Experience

Instructors ****Amy and Kara**** create a special atmosphere that encourages participants to enjoy every moment. Their playful demeanor leads to classes filled with laughter and smiles. As one member noted, "I frequently smile or laugh during class, other people sing to the music, and sassy moves are part of the routines." With options for both low-impact and high-impact workouts, every session is a celebration of movement. It's common to hear, "I LOVE JAZZERCISE!" from satisfied attendees, highlighting the joy and support found within this fitness family.

Why Choose Middlebury Jazzercise?

Members rave about the fun yet challenging workouts that combine cardio, strength training, and stretching. The variety of formats keeps routines fresh, ensuring that workouts are never boring. The commitment to inclusivity means that everyone can find a place in this supportive community. Join the vibrant and ****non-judgmental workout community**** at Middlebury Jazzercise today and discover how exercise can be fun, uplifting, and truly beneficial for your health and well-being!

We are situated in

812 Exchange St, 05753 Middlebury, Vermont - United States (US)

The contact phone of the mentioned **Physical fitness program** is +1802-377-3535
And if you want to send a WhatsApp, you can do so at +1802-377-3535

Our business hours are:

Day Hours
Monday

8–9:15?AM

Tuesday

Closed

Wednesday

8:15–8:45?AM

Thursday

5:30–6:30?PM

Friday

8:15–9?AM 4:15–5?PM

Saturday

5:30–6:30?PM

Sunday

8:15–9?AM

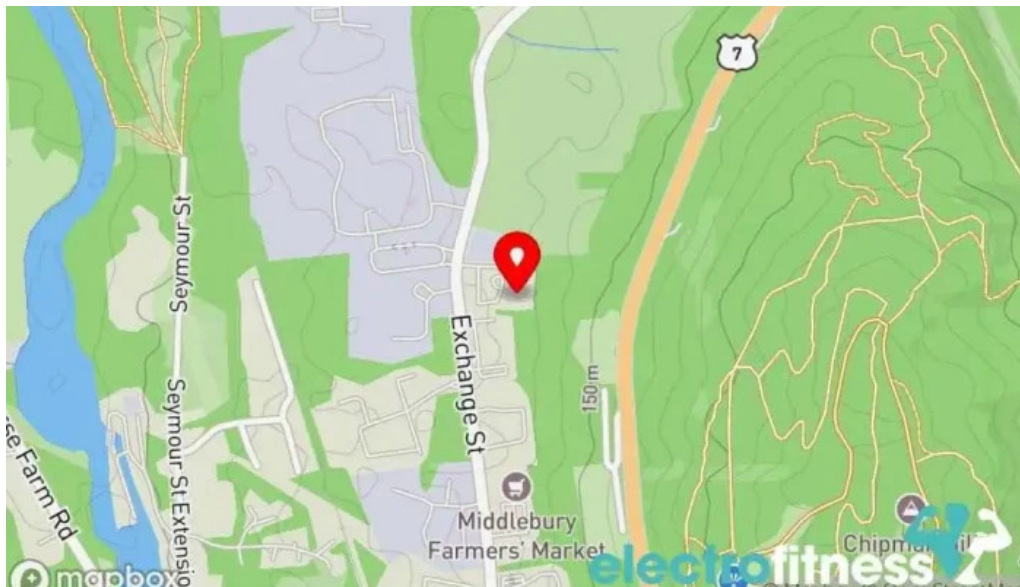
The website is Middlebury Jazzercise at Vermont Sun

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Images



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Middlebury jazzercise at vermont sun all

Tags

Identifies as women-owned, Free parking lot, Accessibility, On-site parking, LGBTQ+ friendly, From the business, Amenities, Parking, On-site services, Wheelchair-accessible car park, Transgender safe space, Wheelchair-accessible toilet, Online classes, Toilet, Crowd, Service options

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