



NEWS RELEASE

April 20, 2005

FOR RELEASE: Immediate

CONTACT: Brian/Debbie Redman
(301) 468-6701
redmancomm@verizon.net

JAZZERCISE TO HELP GET D.C. JUMPIN' AT THE "HEALTHIER US FITNESS FESTIVAL" ON NATIONAL MALL MAY 2

WASHINGTON, DC--May is *National Physical Fitness & Sports* month, which makes it the perfect time for Washingtonians to get moving. Jazzercise is the world's leading dance-fitness program, which makes it the perfect group to help folks in and around D.C. enjoy a high-energy aerobic workout. Put the two together and you've got an event that promises to be as entertaining as it is invigorating.

As part of the "Healthier US Fitness Festival" scheduled for Monday, May 2 on the National Mall (between 1st & 4th Streets, SW--near the Capitol Reflecting Pool), Jazzercise Founder & CEO Judi Sheppard Missett will conduct a "Jazzercise Express" class from 11:30-12:00. Those in shape--and those in need of shaping up--will enjoy the cutting edge choreography that makes each routine fresh and provides the type of physical activity that the President's Council on Physical Fitness & Sports is challenging Americans to work into their everyday lives.

"Jazzercise is committed to helping people of all ages understand and embrace the importance of health and fitness," said Missett. "We're thrilled to be a part of this national event and hope Washington will come out, get active and make the commitment to begin exercising in the month of May."

The "Healthier US Fitness Festival" runs from 10 a.m.-2 p.m. and is free and open to the public. There will be exhibits, demonstrations, interactive sports & games and health screenings. The festival site is easily accessible by Metro via the Federal Center, Judiciary Square or Smithsonian stops.

Jazzercise is the world's leading dance-fitness program with more than 6,000 instructors teaching 20,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more Jazzercise information, visit www.jazzercise.com or call 1-800-FIT-IS-IT.