

Junior Jazzercise and Team Dance Hits Vernonia Fitness Scene

By Penny Costley

Energetic physical movement mixed with lots of fun music is the way to describe Junior Jazzercise, created by Jazzercise founder Judi Sheppard Missett. The specialized program for 3rd, 4th and 5th grade boys and girls introduces children to the world of dance, music and fitness.

Team Dance is designed to introduce 6th, 7th & 8th grade boys and girls to dance, technique, physiology, nutrition, and the many benefits of exercise. Participants will improve balance, increase flexibility, and enhance cardiovascular endurance through hip-hop, street jam, and funk moves choreographed to today's hottest music.

Trained instructors teach students dance positions, terminology and proper execution as they lead games and routines designed to improve body control, flexibility, coordination and cardiovascular endurance. Based on sound principles of exercise and dance physiology, Junior Jazzercise and Team Dance classes offer a high-energy workout with an emphasis on physical fitness.

Junior Jazzercisers and Team Dancers develop a strong sense of accomplishment and build a better self image through their participation in the program. A non-competitive atmosphere allows them to relax and work together toward a common goal.

Penelope Costley will be teaching Junior Jazzercise on Tuesdays at 3:30pm and Team Dance on Thursdays at 3:30pm at The First Baptist Church located at 359 "A" Street, Vernonia. The 8 week session will begin the week of September 25th and run thru November 15th with a performance Thursday November 15th 2007 at the Hands on Art Variety Show- Benefiting the School Band, additionally a portion of the proceeds will be donated to the Benefit.

Now celebrating its 37th year, Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program. With more than 6,300 instructors teaching 20,000 classes weekly worldwide, the comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility has helped millions of people of all ages and fitness levels reap the benefits of exercise and improve well-being.

New Jazzercise Personal Touch Offered

By Penny Costley

Jazzercise instructor Penelope Costley is offering Jazzercise Personal Touch, a personal training program by Jazzercise, the world's most widely taught dance-fitness program.

This format, created by Jazzercise founder Judi Sheppard Missett, serves as a unique approach to personal training that helps participants get the most from their Jazzercise experience. Certified Jazzercise instructors conduct private sessions designed to improve student success, ensure exercise adherence, and encourage the attainment of fitness goals.

The 6 week session begins Monday October 1st; class times are 9:00am Tuesday and Thursday or 6:30pm Monday and Thursday.

For local Jazzercise class information or to find out more about Jazzercise, call Costley at (503)429-0196. For worldwide class information, go to jazzercise.com, or call 1(800) FIT-IS-IT or (760) 476-1750.

Visit our home page at jazzercise.com

Costley has been an instructor in the Vernonia area for 3 years. Vernonia Jazzercise offers convenient class times that fit your schedule. Fall 2007 regular schedule is as follows: 5:45am Monday, Wednesday, Friday; 9:00am Monday, Wednesday, Friday; 7:15pm Monday, Tuesday, Thursday and Saturdays at 8:00am. Also coming in October Jazzercise Personal Touch classes Tuesday and Thursdays at your choice of either 9:00am or 6:30pm.

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Tae Kwon-Do: Good for the Body and the Mind

By Scott Laird

With the start of fall, there are many opportunities to find new and interesting activities in which to participate. One of those activities offered to Vernonians is Kim's Tae Kwon-Do school which is taught by Ruth Brown and Orissa Burghard.

Tae Kwon-Do is a form of martial arts. The school in Vernonia was started in 1980 by Doug Tesdale, who was a teacher in the Vernonia School district. Grand master Tesdale retired from school teaching three years ago and left the running of the Vernonia Tae Kwon-Do school to Ms. Brown and Ms. Burghard. Tesdale still operates Kim's Tae Kwon-Do in Forest Grove.

Both Brown and Burghard are Black Belts and are dedicated to keeping the school active in Vernonia, giving their students a place to continue to practice and advance in their study. Brown and Burghard volunteer their time as instructors – there is no charge for lessons. The only costs for students are the initial purchase of a study guide and uniform, and then a fee for testing when the student is ready for advancement.

Both Brown and Burghard started as students. Brown began her studies after watching a demonstration during Vernonia's Friendship Jamboree in 1997. Burghard signed up in 2000 as an activity she could participate in with her two young daughters. "I was really excited there was a class in town," said Burghard, "and it's something that's more fun to do with a friend."

Tae Kwon-Do is based on learning the four "selfs": self-respect, self-control, self-confidence, and self-discipline. It is a form of self-defense that is based in memorizing blocks and punches. New students start as White Belts, and as they become proficient, can promote to Yellow, Blue, Purple, Brown and finally Black Belts. Depending on skill and practice it takes an average of two to three years to attain a Black Belt. "When you reach Blue Belt you are about halfway there," said Brown. "That's when the student can start to practice breaking things, like boards. The kids like that part!"

The Vernonia School only takes new students two times each year, in the fall and spring. This year they will be taking new students during classes on October 15, 17, 22, and 24. The school meets in the Washington Grade school gymnasium. "We hold classes twice a week here in Vernonia, but students can also practice in Forest Grove. The Forest Grove school also runs through the summer. We take a break during that time. We would like to get more parents involved, and more adults," said Brown.

"Tae Kwon-Do is a good option for kids and adults to learn," said Brown. "It's good for your mind. It's a good opportunity for home school families to meet other kids. It teaches good values. And you don't have to leave town to participate."

"I do it for me now," said Burghard. "I just love it – it's so much fun!"

For more information about Kim's Tae Kwon-Do in Vernonia contact Orissa Burghard at (503) 429-6022. You can reach Kim's in Forest Grove at (503) 359-4997.

Former students who would like to donate uniforms no longer being used, and/or assist new students, can contact Orissa as well.



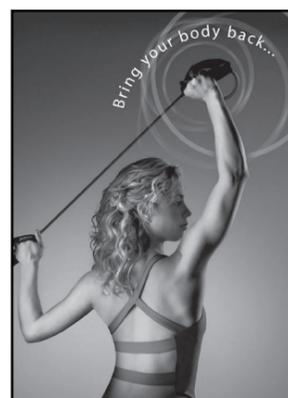
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