

Jazzerspotlight

Chere' Howard



Here's what Chere' has to say:

Jazzercise has been a passion of mine since the early 1980s while living in Fargo, North Dakota. My two sons were little and I jumped at the opportunity to kick my heels and release a bit of motherhood stress with the group at Jazzercise, a doggone popular place.

In 2002, my grown boys had both graduated from IU and said, "Mom, Bloomington is the place to be". So, I quit my job, packed my stuff, and moved into a neat little limestone house on a hill in Bloomington.

I found out about the Bloomington program from a lady wearing a Jazzercise shirt in a grocery store. Being a stranger in a new town, I was thrilled to find something that was familiar and welcoming. All my crazed questions were answered and I started Jazzercise that week.

Now, Jazzercise offers a new kind of stress relief. I work as a human resource manager in Bedford with a frenzied schedule and many to please. Finding release from work time pressures is a must for sanity. I am so excited to have found out that after about five minutes of concentrating on the Jazzercise steps, I can relax and forget work time deadlines. I notice that a silly smile spreads on my face and I am in a new world. What a treat!

I really appreciate the variety of class times and instructors. If a participant can't fit one class into a schedule, another class is generally available. I have a lot of fun attending classes offered by all the instructors. Each adds their own pizzazz and specialty skill to the workout. Another amazing fact is that Jazzercise appeals to participants of all ages and that seems to add spice to the classes as well.

There are a few goals for me in Jazzercise. I am always amazed (and maybe even a little envious) of the participants who can last through two classes in a row. Someday, I'm going to last too. And another ambition is feel fit enough to exercise at one of the Jazzercise promotions. But the goal that I am most driven by is the desire to be fit, strong and toned by the time I am 60. But heck! I've got 9 months to go. I think I can do it.