

JazzersSpotlight



Margi Lockhart

Margi helps check people in and register for our classes at Fairview UMC. Here's what Margi has to say about Jazzercise.....

A friend first introduced me to Jazzercise several years ago and I just fell in love!! Who wants to exercise at home when it's so much more fun to 'Jazz' to current songs with a wonderful group of people!! That's really all it took. This September will be my 3 year anniversary with Jazzercise. Who'd of thought that I'd stick with something for this long? And I'm not about to quit. It's all about exercising for health while having fun for me.

Jazzercise for me is a time to relieve stress from chaotic work days, meet new people, make friends, laugh at yourself, exercise and stay healthy. I love the fact that routines offer both low impact and high impact so I can exercise at a pace that's more comfortable for me. I love the variety offered in different routines from week to week or "theme" workouts. That can kick up the fun a notch! It's even fun to laugh at yourself when you mess up during a routine. Who cares! It's all about movement; just keep going...don't stop. Favorite routine? Hmmmm, I really do like almost all routines, but I guess I'd have to say "Mood Swing" simply because I like the song! Perhaps that may sound strange, but the song reminds me of someone and it makes me laugh.

Really though, everything else aside, it's the people that come to class and our instructor that gives our class a warm sense of comraderie. Class has become like family....everyone cares about each other and it's noticed when someone misses class. It's nice to know that people do genuinely care about others. What else is there to say? I'm sold!