



THE JAPAN-AMERICA SOCIETY  
OF WASHINGTON DC

## Azusa's Dance Exercise Class in Japanese

### <Date and Time>

Friday, January 27, February 24, March 17,  
April 21, **May 26**, June 23 (6 classes)  
11:00AM to 12:00PM

\*The scheduled date might be changed. We will inform you in advance when we need to change the date.

### <Place>

@JASWDC

(6 Classes) \$85 for JASWDC Members or \$108 for Non-JASWDC Members

(Individual ticket) \$18 per class

**The deadline to register is Thursday, January 26 by 5:30 PM.**

Payment MUST be received by this date. Limited seats available!

学期途中の入学可。事前に予約が必要ですが、1回\$18での回数制OK

(学期が始まってからの欠席に関する返金は一切致しません。)



Register at: [www.jaswdc.org](http://www.jaswdc.org)

Language: Japanese

持ち物: タオル (Please bring your towel)

服装: 動きやすい、楽な恰好をご用意ください (Please wear comfortable clothes for exercising)

フィットネスに興味があっても運動する時間がないという方々に、NFLのチアリーダーである講師がエクササイズクラスのクラスを開催します。姿勢矯正や身体を引き締めるために普段行っているワークアウト、音楽と一緒に身体を動かすエクササイズまで。初心者の方や、身体を最近動かしていない方も楽しんで参加いただけるようなクラスになっていますので、是非遊びにきてください☆

Azusa will share her knowledge of fitness as a cheerleader to help people who don't have time to work out. You can learn in Japanese how to effectively work out to improve your posture or to tone your body all while dancing to the music and exercising at the same time. Anyone who is interested in working out, refreshing, or toning your body should take this class! All levels of Japanese are encouraged to join.

講師: 橋詰あずさ:

NFL Cheerleader/5歳からクラシックバレエを始め、社会人3年目に日本のアメフトの社会人リーグ「X League」に所属する「IBMBigBlue」の専属チアリーダーになる。2016年、倍率18倍というオーディションに合格し、ワシントン・レッドスキングズ（ワシントンDC）チアリーダーズのメンバーとして選ばれた。

**Lecturer: Azusa Hashizume**

NFL Cheerleader. She started learning classical ballet from the age of five, and became a cheerleader for the IBM Big Blue team, which belongs to X League of Japanese adult American football. In 2016, she was selected to become a Washington Redskins cheerleader after a highly competitive audition.

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If you have any questions, please call us at (202) 833-2210 or Email us at [info@jaswdc.org](mailto:info@jaswdc.org).  
Register on-line at [www.jaswdc.org](http://www.jaswdc.org)

**\*\*Cancellations must be made by a week before each class. Multiple session registrations cannot be cancelled after the deadline. Refunds will not be given to cancellations after this date and no shows.**