



Phone: (904) 733-3724 / www.zumbajear.com

AUGUST 2017



Studio Jear Group Fitness

Location: JJVA

8457 Western Way, Jacksonville, FL 32256



sun symbol means morning classes!

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|---|
| | 1 EVENING CLASSES @ ABSOLUTE DANCE! | 2 | 3 10:00am – 11:00am PILATES with Kelly G | 4 STRONG by Zumba™ 6:00pm to 7:00pm★ | 5 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome |
| | | 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | | | 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 7 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 8 EVENING CLASSES @ ABSOLUTE DANCE! | 9 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 10 10:00am – 11:00am PILATES with Kelly G | 11 STRONG by Zumba™ 6:00pm to 7:00pm★ | 12 LOCATION – ABSOLUTE DANCE! 8:30am – 9:30am BodyPump with Jerome ★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* |
| 14 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome | 15 EVENING CLASSES @ ABSOLUTE DANCE! | 16 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 17 10:00am – 11:00am PILATES with Kelly G | 18 STRONG by Zumba™ 6:00pm to 7:00pm★ | 19 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
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| 28 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome | 29 EVENING CLASSES @ ABSOLUTE DANCE! | 30 5:30 – 6:30pm BodyPump with Jerome 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 31 10:00am – 11:00am PILATES with Kelly G | NO MEMBERSHIP FEES! NO CONTRACTS! JUST FITNESS, FUN & RESULTS! | |

ZUMBA FITNESS - \$7 / BODYPUMP - \$8 / PILATES - \$8 / STRONG by Zumba – \$8 / KIDS SELF DEFENSE - \$5