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**GONNA BE A PEACH
OF A MONTH!**



AUGUST 2018

Mon	Tue	Wed	Thu	Fri	Sat
A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i>		1 5:30 – 6:30pm BodyPump with Jerome	2 5:45pm – 6:45pm BodyPump - Kelly G!	3 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	4 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
		6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
6 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	7 5:45m to 6:45pm Pilates with Kelly G!	8 5:30 – 6:30pm BodyPump with Jerome	9 5:45pm – 6:45pm BodyPump - Kelly G!	10 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with KELLY "Chameleon"	11 LOCATION: MOJITOS ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256
13 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	14 5:45m to 6:45pm Pilates with Kelly G!	15 5:30 – 6:30pm BodyPump with Jerome	16 5:45pm – 6:45pm BodyPump - Kelly G!	17 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN "Squeaks"	18 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
20 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	21 5:45m to 6:45pm Pilates with Kelly G!	22 5:30 – 6:30pm BodyPump with Jerome	23 5:45pm – 6:45pm BodyPump - Kelly G!	24 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	25 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
27 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	28 5:45m to 6:45pm Pilates with Kelly G!	29 5:30 – 6:30pm BodyPump with Jerome	30 5:45pm – 6:45pm BodyPump - Kelly G!	31 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) ALL INSTRUCTOR MEDLEY	<p>You never know who's life you may change.</p> <p>friends INVITE SOMEONE TO CLASS.</p>
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		
WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256			SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256		

30 DAY ABS CHALLENGE

AUGUST 2018 FITNESS CHALLENGE! FREE FOR STUDIO JEAR PATRONS!

DAY 1	15 SIT UPS / 5 CRUNCHES 5 LEG RAISES / 10 SEC PLANK	DAY 16	REST DAY
DAY 2	20 SIT UPS / 8 CRUNCHES 8 LEG RAISES / 12 SEC PLANK	DAY 17	75 SIT UPS / 100 CRUNCHES 40 LEG RAISES / 60 SEC PLANK
DAY 3	25 SIT UPS / 10 CRUNCHES 10 LEG RAISES / 15 SEC PLANK	DAY 18	80 SIT UPS / 110 CRUNCHES 48 LEG RAISES / 70 SEC PLANK
DAY 4	REST DAY	DAY 19	85 SIT UPS / 120 CRUNCHES 50 LEG RAISES / 75 SEC PLANK

Free for Studio Jear Patrons!