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MORNING CLASSES - AUGUST 2018

Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	2	3	LOCATION: MOJITOS 4 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
	6 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	7	8 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	9 GET UP EVERY MORNING AND TELL YOURSELF "I CAN DO THIS!"	10
13 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	14	15 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	16	17	18 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
20 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	21	22 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	23 Have fun. Lose weight. Get fit. What are you waiting for? You read the part about having fun, right?	24	25 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
27 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	28	29 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba			1

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 42 LEG RAISES / 65 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!

WEEKDAYS AT JJVA LOCATION / SATURDAYS AT MOJITOS LOCATION!
 8457 Western Way, Jacksonville, FL 32256 / 8206 Philips Hwy, #39, Jacksonville, FL 32256