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MORNING WORKOUTS - JUNE 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
BY APPT ONLY – PERSONAL TRAINING / FITNESS SESSIONS with Jerome! Studio Jear wants you to reach YOUR fitness goals! Tuesdays only (mornings / evenings). Email: zumbajear@yahoo.com / Call (904) 733-3724			1 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	2 Book your private PERSONAL TUESDAY TRAINING session today! 	3 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	4
5 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	6 Book your private PERSONAL TRAINING session today! 	7 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Jerome aka "MR. FITNESS"! SUMMER'S HERE – COME & GET IT!	8 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	9 Book your private PERSONAL TUESDAY TRAINING session today! 	10 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	11
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19 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	20 Book your private PERSONAL TRAINING session today! 	21 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Jerome aka "MR. FITNESS"! SUMMER'S HERE – COME & GET IT!	22 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	23 Book your private PERSONAL TUESDAY TRAINING session today! 	24 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	25
26 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	27 Book your private PERSONAL TRAINING session today! 	28 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Jerome aka "MR. FITNESS"! SUMMER'S HERE – COME & GET IT!	29 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	30 Book your private PERSONAL TUESDAY TRAINING session today! 	My name is consistency, I am related to success. We should hang out more than... every once in a while.	

JUNE 21ST – FIRST DAY OF SUMMER 2017!
GET THAT BODY SUMMER READY!

