



8380 Baymeadows Road, Suite #6, Jacksonville, FL 32256



MORNING WORKOUTS - MARCH 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
		9:00am to 10:00am BodyPump with Kelly G!	STRONG by Zumba™ 9:00am to 10:00am★	TBA	★8:30am to 9am – BP FORM & TECHNIQUE – FREE! ★ 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	CLOSED
		10:30am to 11:30am Zumba Fitness with Sandra aka “FIREFLY”	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!		10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
6	7	8	9	10	11	12
9:00am – 10:00am BodyPump with Jerome	Book your private toning session today!	9:00am to 10:00am BodyPump with Kelly G!	STRONG by Zumba™ 9:00am to 10:00am★	TBA	9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	CLOSED
10:30am to 11:30am Zumba Fitness with Jerome		10:30am to 11:30am Zumba Fitness with Sandra aka “FIREFLY”	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!		10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
13	14	15	16	17	18	19
9:00am – 10:00am BodyPump with Jerome	Book your private toning session today!	9:00am to 10:00am BodyPump with Kelly G!	STRONG by Zumba™ 9:00am to 10:00am★	TBA	8:30am – 9:30am BodyPump with Jerome 9:00am – 9:45am – Kidz Workout	CLOSED
10:30am to 11:30am Zumba Fitness with Jerome		10:30am to 11:30am Zumba Fitness with Sandra aka “FIREFLY”	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	 HAPPY ST. PATRICK'S DAY!	★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* 12:15pm - 12:45pm ABZ-SOLUTION - FREE!	
20	21	22	23	24	25	26
9:00am – 10:00am BodyPump with Jerome	Book your private toning session today!	9:00am to 10:00am BodyPump with Kelly G!	STRONG by Zumba™ 9:00am to 10:00am★	TBA	9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	CLOSED
10:30am to 11:30am Zumba Fitness with Jerome 1 ST DAY OF SPRING!!!!		10:30am to 11:30am Zumba Fitness with Sandra aka “FIREFLY”	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!		10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
27	28	29	30	31		
9:00am – 10:00am BodyPump with Jerome	Book your private toning session today!	9:00am to 10:00am BodyPump with Kelly G!	STRONG by Zumba™ 9:00am to 10:00am★	TBA		
10:30am to 11:30am Zumba Fitness with Jerome		10:30am to 11:30am Zumba Fitness with Sandra aka “FIREFLY”	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!		Book your Tuesday Morning Private Toning Session with Jerome Today!	

TUESDAY MORNINGS ARE NOW AVAILABLE FOR PRIVATE TONING SESSIONS WITH JEROME aka “Mr. Fitness”!
 9am to 10:30am – 90 minutes of one on one with the ultimate in fitness – Jerome. SPRING is here – get that body ready! Booking is first come / first serve - \$25 per ninety minute session!
 Email zumbajear@yahoo.com to book your session or call Studio Jear at (904) 733-3724.