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Satellite Location: JJVA

8457 Western Way, Jacksonville, FL 32256

DECEMBER 2017!

CRUNCH TIME!
STICK TO THOSE WORKOUTS!

Mon	Tue	Wed	Thu	Fri	Sat
GIVE THE GIFT OF FITNESS! Purchase Your Pre-paid Class Cards OR JANUARY 2018 Monthly Passes! MAKES THE PERFECT, Hassle-Free GIFT! 				1	2
				STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	LAUNCH OF BP 103! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
4	5	6	7	8	9
5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	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	5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike	STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Jenn aka "Squeaks"	9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
11	12	13	14	15	16
5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with "SQUEAKS"	5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike	STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Kelly G!	★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256
	19	20	21	22	23
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25	26	27	28	29	30
MERRY CHRISTMAS! CLOSED 	5:45m to 6:45pm ABZ-SOLUTION with Jerome! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with "SQUEAKS"	5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike	STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR

STUDIO JEAR GROUP FITNESS – MORE than just a workout!