



Phone: (904) 733-3724 www.zumbajear.com
 Email: zumbajear@yahoo.com



FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
<p>DON'T MISS THE 2 HOUR ZUMBA FITNESS JAM ON FEB 16TH! 5 STUDIO JEAR ZUMBA FITNESS INSTRUCTORS = 2 HOURS OF FITNESS, FUN & RESULTS!</p>				<p>1 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME</p>	<p>2 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<p>4 5:30 – 6:30pm BodyPump with Jerome</p>	<p>5 FACILITY CLOSED NO CLASSES</p>	<p>6 5:30 – 6:30pm BodyPump with Jerome</p>	<p>7 5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>8 FACILITY CLOSED NO CLASSES</p>	<p>9 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome</p>
<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>		<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike AND SPECIAL TREAT BACHATA with Shelia! ★</p>		<p>10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
LAUNCH OF BODYPUMP RELEASE #108!					
<p>11 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★</p>	<p>12 5:45m to 6:45pm Pilates with Kelly G!</p>	<p>13 5:30 – 6:30pm BodyPump with Jerome</p>	<p>14 5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>15 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN "Squeaks"</p>	<p>16 LOCATION: MOJITOS ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville's #1 Nightspot!</p>
<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!</p>	<p>6:45pm – 7:45pm ZUMBA with "SQUEAKS"</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike</p>	 Happy Valentine's Day!	
<p>18 5:30 – 6:30pm BodyPump with Jerome</p>	<p>19 5:45m to 6:45pm Pilates with Kelly G!</p>	<p>20 5:30 – 6:30pm BodyPump with Jerome</p>	<p>21 5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>22 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program)</p>	<p>23 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome</p>
<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS"!!</p>	<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike</p>		<p>10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<p>25 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★</p>	<p>26 5:45m to 6:45pm Pilates with Kelly G!</p>	<p>27 5:30 – 6:30pm BodyPump with Jerome</p>	<p>28 5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>PICK UP YOUR FREE WEEKLY MEAL PLANNER & STUDIO JEAR'S NUTRITION & HEALTHY EATING TIPS! Did you know planning meals ahead of time reduces junk food intake and relieves stress?</p>	
<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!</p>	<p>6:45pm – 7:45pm ZUMBA with "SQUEAKS"</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike</p>		

WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256
SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256

FEB 2019 FITNESS CHALLENGE!

FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND. BODY. SPIRIT.

FREE for Studio Jear Patrons!
ABS MAGIC FITNESS CHALLENGE!