



Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)  
 Email: zumbajear@yahoo.com



# MORNING CLASSES - FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat	
		<b>DON'T MISS THE 2 HOUR ZUMBA FITNESS JAM ON FEB 16<sup>TH</sup> AT MOJITOS! 5 STUDIO JEAR ZUMBA FITNESS INSTRUCTORS = 2 HOURS OF FITNESS, FUN &amp; RESULTS!</b>			1 	<b>LOCATION: MOJITOS 2</b> <b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
4 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	5 	6 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	7 <b>PICK UP YOUR FREE WEEKLY MEAL PLANNER &amp; STUDIO JEAR'S NUTRITION &amp; HEALTHY EATING TIPS!</b> Did you know planning meals ahead of time reduces junk food intake and relieves stress?	8	<b>LOCATION: MOJITOS 9</b> <b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
11 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	12	13 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	14 <b>Happy Valentine's Day!</b> 	15	<b>LOCATION: MOJITOS 16</b> ☆10:00 am – 12:00pm <b>2 HOUR ZUMBA FITNESS JAM!</b> *special event* <b>LOCATION: MOJITOS!</b>	
18 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	19 	20 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	21 	22 	<b>LOCATION: MOJITOS 23</b> <b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
25 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	26	27 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	28 			
<b>WEEKDAY MORNINGS &amp; EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256</b> *grab an evening class schedule!* <b>SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256</b>						

**FEB 2019 FITNESS CHALLENGE!**
**FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND. BODY. SPIRIT.**

**FREE for Studio Jear Patrons!**  
**ABS MAGIC FITNESS CHALLENGE!**

*Love the body you're in!*