



JANUARY 2018

Satellite Location: JJVA

8457 Western Way, Jacksonville, FL 32256

Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY NEW YEAR!</p> <p>1</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>2</p> <p>5:45m to 6:45pm Pilates with Kelly G!</p>	<p>3</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p>	<p>4</p> <p>5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>5</p> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME</p>	<p>6</p> <p>9:00am – 10:00am BodyPump with Jerome</p>
<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! </p>	<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike</p>		<p>10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<p>8</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>9</p> <p>5:45m to 6:45pm Pilates with Kelly G!</p>	<p>10</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>11</p> <p>5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>12</p> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Kelly "The Chameleon"</p>	<p>13</p> <p>★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!</p>
<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! </p>	<p>6:45pm – 7:45pm ZUMBA with "SQUEAKS"</p>	<p>★7:00pm to 8:00pm SALSA DANCE CLASS with Mike</p>		<p>Join us at Jacksonville's #1 Nightspot! 8206 Phillips Hwy #39, Jacksonville, FL 32256</p>
<p>15</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>16</p> <p>5:45m to 6:45pm Pilates with Kelly G!</p>	<p>17</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p>	<p>18</p> <p>5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>19</p> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Jenn aka "Squeaks"</p>	<p>LOCATION: MOJITOS: 20</p> <p>*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome</p>
<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! </p>	<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome 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>22</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>23</p> <p>5:45m to 6:45pm Pilates with Kelly G!</p>	<p>24</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>25</p> <p>5:45pm – 6:45pm BodyPump - Kelly G!</p>	<p>26</p> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME</p>	<p>LOCATION: MOJITOS: 27</p> <p>*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome</p>
<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! </p>	<p>6:45pm – 7:45pm ZUMBA with "SQUEAKS"</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>29</p> <p>5:30 – 6:30pm BodyPump with Jerome</p>	<p>30</p> <p>5:45m to 6:45pm Pilates with Kelly G!</p>	<p>31</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p>	<p>30 DAY ABS CHALLENGE</p>		<p>★FREE★ We'll be doing 30 DAY ABS CHALLENGE every day after class!</p>
<p>6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>	<p>6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! </p>	<p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>			<p>Be sure to get a flyer to do it on the days you are not in class! STICK TO IT!</p>

NOTE – THERE IS ONLY 1 SATURDAY AT JJVA THIS MONTH. FOR JANUARY 2018 – REMAINING SATURDAYS ARE AT MOJITOS - 8206 Phillips Hwy #39, Jacksonville, FL 32256