



Phone: (904) 733-3724 / www.zumbajear.com



JULY 2017

Studio Jear Group Fitness

Location: Absolute Dance

9850 San Jose Blvd Ste 9, Jacksonville, FL 32257

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Nicole!	CLASSES AT JJVA	5:45pm – 6:45pm BodyPump - Kelly G!	CLASSES AT JJVA	8:30am – 9:30am BodyPump with Jerome	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	5:30 – 6:30pm BodyPump with Jerome	★7:00pm to 8:00pm SALSA DANCE NIGHT with Tony Paolucci!	STRONG by Zumba™ 6:00pm to 7:00pm★	★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event*	
		6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR				
24	25	26	27	28	29	30
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Nicole!	CLASSES AT JJVA	5:45pm – 6:45pm BODYPUMP - Kelly G!	CLASSES AT JJVA	CLASSES AT JJVA	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	5:30 – 6:30pm BodyPump with Jerome	★7:00pm to 8:00pm BACHATA DANCE CLASS with Tony Paolucci!	STRONG by Zumba™ 6:00pm to 7:00pm★	9:00am – 10:00am BodyPump with Kelly G!	
		6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR			10:30am – 11:30am ZUMBA with Jenn aka SQUEAKS!!	
					★★After this date – all Saturday morning classes will be held at Absolute Dance! ★	
31	<p>NO MEMBERSHIP FEES! NO CONTRACTS! JUST FITNESS, FUN & RESULTS! BODYPUMP (weight training) - \$8 STRONG by Zumba - \$8 Zumba Fitness - \$7 Pilates - \$8 Kids Self Defense - \$4 *cash, debit or credit card!*</p>					
5:30 – 6:30pm BodyPump with Jerome						
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR						

QUESTIONS?
CONTACT STUDIO JEAR!
 Phone: (904) 733-3724
 Email: zumbajear@yahoo.com
 Visit our website at www.zumbajear.com