



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



# JULY 2018

Mon	Tue	Wed	Thu	Fri	Sat																																											
<i>If you focus on results, you will never change. If you focus on change, you will get results....</i>																																																
2	3	4	5	6	7																																											
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	5:45m to 6:45pm Pilates with Kelly G!	<b>CLOSED</b> <b>HAPPY 4<sup>th</sup> of JULY!</b>	5:45pm – 6:45pm BodyPump - Kelly G!	<b>STRONG by Zumba™ 6:00pm to 7:00pm</b> ★(HIIT Program) with <b>JEROME</b>	<b>LOCATION: MOJITOS</b> <b>*NOTE CLASS TIMES*</b> <b>8:30AM to 9:30AM</b> <b>BodyPump with Jerome</b>																																											
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON!" 		★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR																																											
9	10	11	12	13	14																																											
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★5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with The Chameleon! ★	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON!" 	6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256																																											
16	17	18	19	20	21																																											
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30	31	<b>Studio Jear Salsa Night Out at Aromas!</b> <b>Saturday – July 28<sup>th</sup></b> Around 9pm! Join Studio Jear Salsa Instructor Mike and the Studio Jear Salsa Dancers for a night on the town! Meet NEW people, be FIT & DANCE SALSA! ★★★★★★★★★★★★			<b>JULY ABS MAGIC FITNESS CHALLENGE!</b> <small>JULY 2018 FITNESS CHALLENGE!</small>  <table border="1" style="font-size: 8px;"> <thead> <tr> <th>DAY1</th> <th>DAY2</th> <th>DAY3</th> <th>DAY4</th> <th>DAY5</th> <th>DAY6</th> <th>DAY7</th> </tr> </thead> <tbody> <tr> <td>14 bicycles</td> <td>20 bicycles</td> <td>24 bicycles</td> <td>28 bicycles</td> <td>32 bicycles</td> <td>36 bicycles</td> <td>38 bicycles</td> </tr> <tr> <td>5 crunches</td> <td>8 crunches</td> <td>10 crunches</td> <td>12 crunches</td> <td>15 crunches</td> <td>20 crunches</td> <td>25 crunches</td> </tr> <tr> <td>5 rev. crunches</td> <td>8 rev. crunches</td> <td>10 rev. crunches</td> <td>12 rev. crunches</td> <td>15 rev. crunches</td> <td>20 rev. crunches</td> <td>25 rev. crunches</td> </tr> <tr> <td>10 sec plank</td> <td>12 sec plank</td> <td>15 sec plank</td> <td>20 sec plank</td> <td>25 sec plank</td> <td>30 sec plank</td> <td>35 sec plank</td> </tr> <tr> <th>DAY8</th> <th>DAY9</th> <th>DAY10</th> <th>DAY11</th> <th>DAY12</th> <th>DAY13</th> <th>DAY14</th> </tr> </tbody> </table>		DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	14 bicycles	20 bicycles	24 bicycles	28 bicycles	32 bicycles	36 bicycles	38 bicycles	5 crunches	8 crunches	10 crunches	12 crunches	15 crunches	20 crunches	25 crunches	5 rev. crunches	8 rev. crunches	10 rev. crunches	12 rev. crunches	15 rev. crunches	20 rev. crunches	25 rev. crunches	10 sec plank	12 sec plank	15 sec plank	20 sec plank	25 sec plank	30 sec plank	35 sec plank	DAY8	DAY9	DAY10	DAY11	DAY12	DAY13	DAY14
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WEEKDAYS AT JJVA LOCATION / SATURDAYS AT MOJITOS LOCATION!