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 Email: zumbajear@yahoo.com



MORNING CLASSES JULY 2018

Mon	Tue	Wed	Thu	Fri	Sat																																										
<p><i>Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you....</i></p>																																															
<p>2</p> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<p>3</p>	<p>4</p> <p>CLOSED HAPPY 4th of JULY!</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome</p> <p>10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>																																										
<p>9</p> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<p>10</p>	<p>11</p> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<p>12</p> <p>13</p> <div style="border: 1px solid gray; padding: 10px; text-align: center;"> <p>I ALREADY KNOW WHAT GIVING UP FEELS LIKE</p> <p>I WANT TO SEE WHAT HAPPENS IF I DON'T</p> </div>		<p>14</p> <p>★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!</p> <p>Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256</p>																																										
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<p>30</p> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<p>31</p>	<p>Studio Jear Salsa Night Out at Aromas! Saturday – July 28th 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! ★★★★★★★★★★★★</p>			<p>JULY ABS MAGIC FITNESS CHALLENGE!</p> <p>JULY 2018 FITNESS CHALLENGE!</p> <table border="1"> <thead> <tr> <th>DAY 1</th> <th>DAY 2</th> <th>DAY 3</th> <th>DAY 4</th> <th>DAY 5</th> <th>DAY 6</th> <th>DAY 7</th> </tr> </thead> <tbody> <tr> <td>14 bounces</td> <td>20 bounces</td> <td>24 bounces</td> <td>28 bounces</td> <td>32 bounces</td> <td>36 bounces</td> <td>38 bounces</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>DAY 8</th> <th>DAY 9</th> <th>DAY 10</th> <th>DAY 11</th> <th>DAY 12</th> <th>DAY 13</th> <th>DAY 14</th> </tr> </tbody> </table>	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	14 bounces	20 bounces	24 bounces	28 bounces	32 bounces	36 bounces	38 bounces	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	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
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WEEKDAYS AT JJVA LOCATION /
 8457 Western Way, Jacksonville, FL 32256

SATURDAYS AT MOJITOS LOCATION!
 8206 Philips Hwy, #39, Jacksonville, FL 32256