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# NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	LOCATION: MOJITOS 3
<ul style="list-style-type: none"> <li>Weekday Mornings &amp; Evenings at JJVA</li> <li>Saturday Mornings at Mojitos</li> </ul>			5:45pm – 6:45pm BodyPump - Kelly G!	<b>STRONG by Zumba™ 6:00pm to 7:00pm</b> ★(HIIT Program) with <b>JEROME</b>	<b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome
			★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
5	6	7	8	9	LOCATION: MOJITOS 10
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	<b>STRONG by Zumba™ 6:00pm to 7:00pm</b> ★(HIIT Program) with <b>JEN</b> "Squeaks"	★10:00 am – 12:00pm <b>2 HOUR ZUMBA FITNESS JAM!</b> *special event* <b>LOCATION: MOJITOS!</b>
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS!"	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		Join us at Jacksonville's #1 Nightspot!
12	13	14	15	16	LOCATION: MOJITOS 17
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	<b>STRONG by Zumba™ 6:00pm to 7:00pm</b> ★(HIIT Program) with <b>JEROME</b>	<b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
★HAPPY VETERANS DAY! CLASSES FREE FOR MILITARY & Their Families (active & inactive) Just show your ID at check in! ★			WE'RE WORKING FOR FOOD!!! STICK TO YOUR WORKOUTS!		★*LAUNCH OF BODYPUMP #107!*★
19	20	21	22	23	LOCATION: MOJITOS 24
5:30 – 6:30pm BodyPump with Jerome	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	HAPPY THANKSGIVING! 	TAKE A BREATH! CLOSED!	<b>*NOTE CLASS TIMES*</b> 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS!"	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	CLOSED		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
26	27	28	29	30	MARK YOUR CALENDAR! SALSA NIGHT OUT! SATURDAY, DECEMBER 1 <sup>ST</sup> – 9PM TILL WE GET TIRED!
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	<b>STRONG by Zumba™ 6:00pm to 7:00pm</b> ★(HIIT Program) with <b>JEROME</b>	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "JEROME & ARLENE aka "ZUMBAJEAR"!!	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		

## STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:

WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256

SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256

**KEEPING IT STRONG CONTEST – 10/1/18 thru 12/31/18!**

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!  
1<sup>ST</sup> PRIZE – FREE JAN AND FEB 2019 MONTHLY PASSES!

**STUDIO JEAR NOVEMBER 2018 FITNESS CHALLENGE!**

FREE for Studio Jear Patrons – STICK TO IT!