



Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)  
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# MORNINGS - SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri	Sat	
<p>IF IT DOESN'T CHALLENGE YOU - IT DOESN'T CHANGE YOU!</p> <p><b>30 DAY BUTT &amp; ABS CHALLENGE</b></p> <p>Day 1: 35 SQUATS / 1 BRIDGE / 10 LUNGES            Day 2: 30 SQUATS / 1 BRIDGE / 10 LUNGES            Day 3: 25 SQUATS / 1 BRIDGE / 10 LUNGES            Day 4: 20 SQUATS / 1 BRIDGE / 10 LUNGES            Day 5: 15 SQUATS / 1 BRIDGE / 10 LUNGES            Day 6: 10 SQUATS / 1 BRIDGE / 10 LUNGES            Day 7: 5 SQUATS / 1 BRIDGE / 10 LUNGES</p>		<p><b>DAY ABS &amp; BUTT CHALLENGE! FREE FOR STUDIO JEAR PATRONS!</b></p>				
2	3	4	5	6	7	
LET'S TAKE A BREAK! CLOSED		9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!			LOCATION: MOJITOS: *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES	
					10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
9	10	11	12	13	14	
9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with SPICY-E!		9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!			LOCATION: MOJITOS: *10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! *PAJAMA PARTY THEME! BEST PJ OUTFIT WINS \$50.00! * PJ'S NOT REQUIRED TO ATTEND!	
16	17	18	19	20	21	
9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!		9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with SPICY-E!			LOCATION: MOJITOS: *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES	
					10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
23	24	25	26	27	28	
9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with SPICY-E!		9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!	<p>*When you're in classes - Pick up your hurricane preparedness flyers and Healthy Snack of the Month Recipe*</p>			
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30						
9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!		9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba with JEROME!				

WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256  
 SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256

**PAJAMA PARTY THEME!**  
 \*PJ's NOT Required to Participate\*  
**DON'T MISS THE 2 HOUR ZUMBA FITNESS JAM ON**  
**SEPT 14th AT MOJITOS! 5 STUDIO JEAR ZUMBA FITNESS**

