



8380 Baymeadows Road, Suite #6, Jacksonville, FL 32256 /  
Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)



- Licensed / certifications in: Zumba Fitness, Zumba Gold (senior citizen / disabled) workout program, Spinning, BODYPUMP (weight training), STRONG by Zumba (HIIT program), cardio programs.
- Certified Group Exercise Instructor, AFAA (Aerobics and Fitness Association of America) Fitness Certification.
- Over 25 years in the fitness industry as a fitness instructor / personal trainer in large gym facilities.



*Studio Jear Proprietor – Lead Instructor and Fitness Trainer*

## 90 MINUTE PERSONAL TRAINING SESSIONS

**COST: \$35**

## SUMMER SHAPE UP with Studio Jear Group Fitness!

**TUESDAY MORNINGS & EVENINGS ARE NOW AVAILABLE FOR PRIVATE TONING SESSIONS WITH JEROME aka "Mr. Fitness"!**

**MORNING SESSIONS:** Starting as early as 8am and as late as 11:00am - 90 minutes of one on one with the ultimate in fitness - Jerome.

### **EVENING SESSIONS:**

Appointments available Tuesday evenings - starting as early as 5pm - no later start time than 6:30pm.

**Summer is HERE!** Get that body ready! **Booking is first come / first serve** - \$25 per ninety minute session! Email [zumbajear@yahoo.com](mailto:zumbajear@yahoo.com) to book your session or call Studio Jear at (904) 733-3724.

Sessions must be paid in advance to secure your spot.  
Cancellations must be 24 hours in advance of your scheduled appointment.  
**No refunds** due to failure to cancel within 24 hours of your scheduled appointment.