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SEPTEMBER 2018

When you're in class - Pick up your Hurricane Preparedness Flyers and Healthy Snack of the Month Recipe

Mon	Tue	Wed	Thu	Fri	Sat
 30-DAY PLANK CHALLENGE DAY 1. 20 sec DAY 16. 2 min DAY 2. 20 sec DAY 17. 2 min DAY 3. 30 sec DAY 18. 2 min 30 sec				 FREE FOR STUDIO JEAR PATRONS! SEPT 2018 FITNESS CHALLENGE! WORK THOSE ABS!	
				LOCATION: MOJITOS 1 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
3 LET'S TAKE A BREAK! CLOSED		4 5:45m to 6:45pm Pilates with Kelly G!		5 5:30 – 6:30pm BodyPump with Jerome	
 10		6 5:45pm – 6:45pm BodyPump - Kelly G!		7 STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEROME	
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense		6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!		6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR		★7:00pm to 8:00pm SALSÁ DANCE CLASS with Mike		8 LOCATION: MOJITOS 15 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome	
10 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense		11 5:45m to 6:45pm Pilates with Kelly G!		12 5:30 – 6:30pm BodyPump with Jerome	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR		6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!		6:45pm – 7:45pm ZUMBA with "SQUEAKS"	
★7:00pm to 8:00pm SALSÁ DANCE CLASS with Mike		13 5:45pm – 6:45pm BodyPump - Kelly G!		14 	
17 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!		18 5:45m to 6:45pm Pilates with Kelly G!		19 5:30 – 6:30pm BodyPump with Jerome	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR		6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!		6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
★7:00pm to 8:00pm SALSÁ DANCE CLASS with Mike		20 5:45pm – 6:45pm BodyPump - Kelly G!		21 STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with "Chameleon" & Squeaks!	
24 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense		25 5:45m to 6:45pm Pilates with Kelly G!		26 5:30 – 6:30pm BodyPump with Jerome	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR		6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!		6:45pm – 7:45pm ZUMBA with "SQUEAKS"	
★7:00pm to 8:00pm SALSÁ DANCE CLASS with Mike		27 5:45pm – 6:45pm BodyPump - Kelly G!		28 ★FREE & OPEN TO THE PUBLIC! ★ Yeah...you've been watching STRONG long enough! STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) ALL INSTRUCTOR MEDLEY	
29 ★NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome		30 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR		31 SALSÁ NIGHT OUT! Ask for details! All are welcome *must be 21 years of age*	
The Real Workout Starts When You Want To Stop....					
STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:					
WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256			SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256		