



8380 Baymeadows Road, Suite #6, Jacksonville, FL 32256



## MORNING WORKOUTS - MARCH 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 <b>9:00am to 10:00am BodyPump with Kelly G!</b>	2 <b>STRONG by Zumba™ 9:00am to 10:00am★</b>	TBA	4 ★8:30am to 9am – BP FORM & TECHNIQUE – FREE! ★ 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	5 CLOSED
		10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	THUMBS UP	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
6 9:00am – 10:00am BodyPump with Jerome	7 Book your private toning session today!	8 <b>9:00am to 10:00am BodyPump with Kelly G!</b>	9 <b>STRONG by Zumba™ 9:00am to 10:00am★</b>	TBA	11 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	12 CLOSED
10:30am to 11:30am Zumba Fitness with Jerome	THUMBS UP	10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	THUMBS UP	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
9:00am – 10:00am BodyPump with Jerome	14 Book your private toning session today!	15 <b>9:00am to 10:00am BodyPump with Kelly G!</b>	16 <b>STRONG by Zumba™ 9:00am to 10:00am★</b>	TBA	18 8:30am – 9:30am BodyPump with Jerome 9:00am – 9:45am – Kidz Workout	19 CLOSED
10:30am to 11:30am Zumba Fitness with Jerome	THUMBS UP	10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	THUMBS UP	★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* 12:15pm – 12:45pm ABZ-SOLUTION - FREE!	
9:00am – 10:00am BodyPump with Jerome	21 Book your private toning session today!	22 <b>9:00am to 10:00am BodyPump with Kelly G!</b>	23 <b>STRONG by Zumba™ 9:00am to 10:00am★</b>	TBA	25 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT!	26 CLOSED
10:30am to 11:30am Zumba Fitness with Jerome 1 <sup>ST</sup> DAY OF SPRING!!!!	THUMBS UP	10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	THUMBS UP	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	
9:00am – 10:00am BodyPump with Jerome	28 Book your private toning session today!	29 <b>9:00am to 10:00am BodyPump with Kelly G!</b>	30 <b>STRONG by Zumba™ 9:00am to 10:00am★</b>	TBA	31 <b>Book your Tuesday Morning Private Toning Session with Jerome Today!</b>	
10:30am to 11:30am Zumba Fitness with Jerome	THUMBS UP	10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	THUMBS UP		

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

9am to 10:30am – 90 minutes of one on one with the ultimate in fitness – Jerome. SPRING 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.