



Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)  
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Hello,  
September!

# 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					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	6 5:45pm – 6:45pm BodyPump - Kelly G!	7 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	LOCATION: MOJITOS 8 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene 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 SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
10 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	11 5:45m to 6:45pm Pilates with Kelly G!	12 5:30 – 6:30pm BodyPump with Jerome	13 5:45pm – 6:45pm BodyPump - Kelly G!	14 CLASS	LOCATION: MOJITOS 15 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
17 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon! 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	18 5:45m to 6:45pm Pilates with Kelly G!	19 5:30 – 6:30pm BodyPump with Jerome	20 5:45pm – 6:45pm BodyPump - Kelly G!	21 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with "Chameleon" & Squeaks!	LOCATION: MOJITOS 22 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville's #1 Nightspot!
24 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	25 5:45m to 6:45pm Pilates with Kelly G!	26 5:30 – 6:30pm BodyPump with Jerome	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	LOCATION: MOJITOS 29 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
					<b>SALSA NIGHT OUT!</b> Ask for details! All are welcome *must be 21 years of age*
<b>The Real Workout Starts When You Want To Stop....</b>					

## STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:

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

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