



Phone: (904) 733-3724 [www.zumbajear.com](http://www.zumbajear.com)  
 Email: zumbajear@yahoo.com



# MORNING CLASSES JULY 2018

Mon	Tue	Wed	Thu	Fri	Sat																																										
<i>Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you....</i>																																															
2 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	3 CLOSED HAPPY 4 <sup>th</sup> of JULY! 	4	5	6	7 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR																																										
9 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	10 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	11 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	12 I ALREADY KNOW WHAT GIVING UP FEELS LIKE  I WANT TO SEE WHAT HAPPENS IF I DON'T	13	14 ★ 10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256																																										
16 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	17 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	18 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	19	20	21 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR																																										
23 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	24 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	25 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	26	27	28 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR																																										
30 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	31 Studio Jear Salsa Night Out at Aromas! Saturday – July 28 <sup>th</sup> Around 9pm! Join Studio Jear Salsa Instructor Mike and the Studio Jear Salsa Dancers for a night on the town! Meet NEW people, be FIT & DANCE SALSA! ★★★★★★★★★★★★				JULY ABS MAGIC FITNESS CHALLENGE! JULY 2018 FITNESS CHALLENGE! <table border="1"><tr><td>DAY 1</td><td>DAY 2</td><td>DAY 3</td><td>DAY 4</td><td>DAY 5</td><td>DAY 6</td><td>DAY 7</td></tr><tr><td>15 situps</td><td>15 situps</td><td>15 situps</td><td>15 situps</td><td>15 situps</td><td>15 situps</td><td>15 situps</td></tr><tr><td>5 crunches</td><td>5 crunches</td><td>5 crunches</td><td>5 crunches</td><td>5 crunches</td><td>5 crunches</td><td>5 crunches</td></tr><tr><td>5 situps</td><td>5 situps</td><td>5 situps</td><td>5 situps</td><td>5 situps</td><td>5 situps</td><td>5 situps</td></tr><tr><td>15 sec plank</td><td>15 sec plank</td><td>15 sec plank</td><td>15 sec plank</td><td>15 sec plank</td><td>15 sec plank</td><td>15 sec plank</td></tr><tr><td>DAY 8</td><td>DAY 9</td><td>DAY 10</td><td>DAY 11</td><td>DAY 12</td><td>DAY 13</td><td>DAY 14</td></tr></table>	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	15 situps	5 crunches	5 situps	15 sec plank	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14																								
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7																																									
15 situps	15 situps	15 situps	15 situps	15 situps	15 situps	15 situps																																									
5 crunches	5 crunches	5 crunches	5 crunches	5 crunches	5 crunches	5 crunches																																									
5 situps	5 situps	5 situps	5 situps	5 situps	5 situps	5 situps																																									
15 sec plank	15 sec plank	15 sec plank	15 sec plank	15 sec plank	15 sec plank	15 sec plank																																									
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14																																									

**WEEKDAYS AT JJVA LOCATION / SATURDAYS AT MOJITOS LOCATION!**  
 8457 Western Way, Jacksonville, FL 32256      8206 Philips Hwy, #39, Jacksonville, FL 32256