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OCTOBER 2018



Mon	Tue	Wed	Thu	Fri	Sat
1 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	2 5:45m to 6:45pm Pilates with Kelly G!	3 5:30 – 6:30pm BodyPump with Jerome	4 5:45pm – 6:45pm BodyPump - Kelly G!	5 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	LOCATION: MOJITOS 6 *NOTE CLASS TIMES* 8:30AM to 9:30AM 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 SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
8 5:30 – 6:30pm BodyPump with Jerome	9 5:45m to 6:45pm Pilates with Kelly G!	10 5:30 – 6:30pm BodyPump with Jerome	11 5:45pm – 6:45pm BodyPump - Kelly G!	12 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with KELLY "Chameleon"	LOCATION: MOJITOS 13 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
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 SALSA DANCE CLASS with Mike		\$50 CASH PRIZE FOR BEST COSTUME! *costumes not required to attend event*
15 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	16 5:45m to 6:45pm Pilates with Kelly G!	17 5:30 – 6:30pm BodyPump with Jerome	18 5:45pm – 6:45pm BodyPump - Kelly G!	19 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN "Squeaks"	LOCATION: MOJITOS 20 *NOTE CLASS TIMES* 8:30AM to 9:30AM 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 SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
22 5:30 – 6:30pm BodyPump with Jerome	23 5:45m to 6:45pm Pilates with Kelly G!	24 5:30 – 6:30pm BodyPump with Jerome	25 5:45pm – 6:45pm BodyPump - Kelly G!	26 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	LOCATION: MOJITOS 27 *NOTE CLASS TIMES* 8:30AM to 9:30AM 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 SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
29 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	30 5:45m to 6:45pm Pilates with Kelly G!	31 HAPPY HALLOWEEN!			2 HOUR ZUMBA FITNESS JAM! Saturday – October 13 th – 10am to 12pm! FITNESS, FUN & FREE STUFF! Including \$50.00 cash prize for best costume! *costumes not required to attend event*
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			

STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:

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

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

STUDIO JEAR GROUP FITNESS – OCTOBER 2018 FITNESS CHALLENGE!

KEEPING IT STRONG CONTEST – 10/1/18 thru 12/31/18!

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!

1ST PRIZE – FREE JAN AND FEB 2019 MONTHLY PASSES!

MUST REGISTER – ASK FOR CONTEST DETAILS!

FREE FOR STUDIO JEAR PATRONS!

