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MORNING CLASSES - FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
	DON'T MISS THE 2 HOUR ZUMBA FITNESS JAM ON FEB 16 TH AT MOJITOS! 5 STUDIO JEARI ZUMBA FITNESS INSTRUCTORS = 2 HOURS OF FITNESS, FUN & RESULTS!				1
4 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	5	6 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	7 PICK UP YOUR FREE WEEKLY MEAL PLANNER & STUDIO JEARI'S NUTRITION & HEALTHY EATING TIPS! Did you know planning meals ahead of time reduces junk food intake and relieves stress?	8	LOCATION: MOJITOS 9 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
11 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	12	13 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	14 Happy Valentine's Day!	15	LOCATION: MOJITOS 16 *10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
18 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	19	20 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	21 “WORKOUT BECAUSE YOU LOVE YOUR BODY, NOT BECAUSE YOU HATE IT”	22	LOCATION: MOJITOS 23 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
25 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	26	27 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba	28		
WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256 *grab an evening class schedule!* SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256					



FREE for Studio Jear Patrons!
ABS MAGIC FITNESS CHALLENGE!

Love the body you're in!