



Phone: (904) 733-3724 www.zumbajear.com
 Email: zumbajear@yahoo.com



OCTOBER 2018 - MORNING CLASSES

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--------|---|---|--------|---|
| 1 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 2 | 3 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 4 | 5 | LOCATION: MOJITOS 6 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 8 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 9 | 10 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 11 | 12 | LOCATION: MOJITOS 13 ★ 10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! \$50 CASH PRIZE FOR BEST COSTUME! *costumes not required to attend event* |
| 15 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 16 | 17 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 18 | 19 | LOCATION: MOJITOS 20 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 22 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 23 | 24 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 25 | 26 | LOCATION: MOJITOS 27 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 29 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 30 | 31 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba | 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*  | | |

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!

FREE FOR STUDIO JEAR PATRONS!

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!

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

MUST REGISTER – ASK FOR CONTEST DETAILS!