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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				 FREE FOR STUDIO JEAR PATRONS! SEPT 2018 FITNESS CHALLENGE! WORK THOSE ABS!	
LET'S TAKE A BREAK! CLOSED				STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with JEROME	
 HAPPY LABOR DAY!				10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense				 CLASS	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR				10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!				STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with "Chameleon" & Squeaks!	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR				★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!	
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense				★FREE & OPEN TO THE PUBLIC! ★ Yeah...you've been watching STRONG long enough!	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR				STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) ALL INSTRUCTOR MEDLEY	
The Real Workout Starts When You Want To Stop....					SALSA NIGHT OUT! Ask for details! All are welcome <i>*must be 21 years of age*</i>
STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:					
WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256			SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256		