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NOVEMBER 2019

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|
| | | | | 1 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEN "Squeaks" | LOCATION: MOJITOS: 2 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES |
| | | | | | 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 4 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 5 5:45pm to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "JEN aka SQUEAKS!" | 6 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Jerome aka MR. FITNESS! | 7 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike★ | 8 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME | LOCATION: MOJITOS: 9 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES |
| | | | | | 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| | | | | | SALSA NIGHT OUT! |
| 11 HAPPY VETERAN'S DAY – FREE FOR MILITARY & FAMILIES! 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 12 5:45pm to 6:45pm Pilates with Kelly G! | 13 5:30pm to 6:30pm BodyPump with Jerome | 14 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike★ | 15 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEN "Squeaks" | LOCATION: MOJITOS: 16 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! |

The Real Workout Starts When You Want To Stop....

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| 18 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 19 5:45pm to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "JEN aka SQUEAKS!" | 20 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Jerome aka MR. FITNESS! | 21 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike★ | 22 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME | LOCATION: MOJITOS: 23 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES |
| 25 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 26 5:45pm to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "JEN aka SQUEAKS!!" | 27 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with "JEN aka SQUEAKS!!" | 28 HAPPY THANKSGIVING! | 29 TAKE A BREATHER! CLOSED! | LOCATION: MOJITOS: 30 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES |
| | | | | | 10:00AM to 11:00AM 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

2 HOUR ZUMBA FITNESS JAM!

Saturday – November 16th – 10am to 12pm!

FITNESS, FUN & FREE STUFF!

STICK TO YOUR WORKOUTS!

*We're working for food!!!

MONDAY – NOVEMBER 11th – CLASSES
FREE FOR MILITARY & FAMILIES! Active & Inactive – THANK YOU FOR YOUR SERVICE! Just show your military ID at check-in!

