






Phone: (904) 733-3724 www.zumbajear.com
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NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri	Sat
Salsa Night Out! Saturday, November 9 th at 9:00pm at Aromas! RSVP for discount entry fee! *must be 21 years of age or older*				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! 6:45pm to 7:45pm ZUMBA with Jerome aka MR. FITNESS!	13 5:30pm to 6:30pm BodyPump with Jerome 6:45pm to 7:45pm ZUMBA with ROCKIN' ROBBIN!	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....					
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 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
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 Jerome aka MR. FITNESS!	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 BREATH! 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!

