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GONNA BE A PEACH  
OF A MONTH!



# AUGUST 2018

Mon	Tue	Wed	Thu	Fri	Sat
	A ONE HOUR WORKOUT IS 4% OF YOUR DAY <i>no excuses</i>		1 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	2 5:45pm – 6:45pm BodyPump - Kelly GI ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike	3 STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with JEROME 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
6 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	7 5:45m to 6:45pm Pilates with Kelly GI!	8 5:30 – 6:30pm BodyPump with Jerome	9 5:45pm – 6:45pm BodyPump - Kelly GI	10 STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with KELLY "Chameleon" ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!	11 Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256
13 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	14 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	15 5:30 – 6:30pm BodyPump with Jerome	16 5:45pm – 6:45pm BodyPump - Kelly GI	17 STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with JEN "Squeaks"	18 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
20 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	21 5:45m to 6:45pm Pilates with Kelly GI!	22 5:30 – 6:30pm BodyPump with Jerome	23 5:45pm – 6:45pm BodyPump - Kelly GI	24 STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) with JEROME	25 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
27 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	28 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	29 5:30 – 6:30pm BodyPump with Jerome	30 5:45pm – 6:45pm BodyPump - Kelly GI	31 STRONG by Zumba™ 6:00pm to 7:00pm (HIIT Program) ALL INSTRUCTOR MEDLEY	<p>You never know who's life you may change.</p> INVITE SOMEONE TO CLASS.
WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256			SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256		

30 DAY ABS CHALLENGE	
AUGUST 2018 FITNESS CHALLENGE! FREE FOR STUDIO JEAR PATRONS!	
DAY 1 15 SIT UPS / 5 CRUNCHES 5 LEG RAISES / 10 SEC PLANK	DAY 16 REST DAY
DAY 2 20 SIT UPS / 8 CRUNCHES 8 LEG RAISES / 12 SEC PLANK	DAY 17 75 SIT UPS / 100 CRUNCHES 42 LEG RAISES / 65 SEC PLANK
DAY 3 25 SIT UPS / 10 CRUNCHES 10 LEG RAISES / 15 SEC PLANK	DAY 18 80 SIT UPS / 110 CRUNCHES 48 LEG RAISES / 70 SEC PLANK
DAY 4 REST DAY	DAY 19 85 SIT UPS / 120 CRUNCHES 50 LEG RAISES / 75 SEC PLANK

Free for Studio Jear Patrons!