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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	2	3	4
		5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	LOCATION: MOJITOS
		6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
6	7	8	9	10	11
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with KELLY "Chameleon"	LOCATION: MOJITOS
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
13	14	15	16	17	18
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN "Squeaks"	LOCATION: MOJITOS
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
20	21	22	23	24	25
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with Chameleon!	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	LOCATION: MOJITOS
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with "SQUEAKS"	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		*NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
27	28	29	30	31	
5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	5:45m to 6:45pm Pilates with Kelly G!	5:30 – 6:30pm BodyPump with Jerome	5:45pm – 6:45pm BodyPump - Kelly G!	STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) ALL INSTRUCTOR MEDLEY	<p>You never know who's life you may change.</p> <p>friends INVITE SOMEONE TO CLASS.</p>
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		
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 40 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!