



8380 Baymeadows Road, Suite #6, Jacksonville, FL 32256 /

Phone: (904) 733-3724 Email: zumbajear@yahoo.com / www.zumbajear.com

MORNING WORKOUTS - MAY 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	2 Book your private PERSONAL TRAINING session today! 	3 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	4 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	5 Book your private PERSONAL TUESDAY TRAINING session today! 	6 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	7 CLOSED	
8 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	9 Book your private PERSONAL TRAINING session today! 	10 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	11 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	12 Book your private PERSONAL TUESDAY TRAINING session today! 	13 8:30am – 9:30am BodyPump with Jerome 9:00am – 9:45am – Kidz Workout ★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* 12:15pm - 12:45pm ABZ-SOLUTION - FREE!	14 CLOSED HAPPY MOTHER'S DAY!	
15 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	16 Book your private PERSONAL TRAINING session today! 	17 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	18 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	19 Book your private PERSONAL TUESDAY TRAINING session today! 	20 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	21 CLOSED	
22 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome	23 Book your private PERSONAL TRAINING session today! 	24 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	25 STRONG by Zumba™ 9:00am to 10:00am★ 10:00am – 11:00am PILATES with Kelly G FREE! 11:15am – 11:45am ABZ-SOLUTION with Jerome!	26 Book your private PERSONAL TUESDAY TRAINING session today! 	27 9:00am – 10:00am BodyPump with Jerome 10:00AM to 10:45AM KIDZ WORKOUT! 10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am–12:15pm ABZ-SOLUTION - FREE!	28 CLOSED	
29 HAPPY MEMORIAL DAY! HOLIDAY SCHEDULE! 9AM TO 10AM BodyPump with Jerome 9:30am to 10:30am Kids Self Defense 10:30am to 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR	30 Book your private PERSONAL TRAINING session today! 	31 9:00am to 10:00am BodyPump with Kelly G! 10:30am to 11:30am Zumba Fitness with Sandra aka "FIREFLY"	<div style="background-color: #0070C0; color: white; padding: 10px;"> <p>BY APPT ONLY – PERSONAL TRAINING / FITNESS SESSIONS with Jerome! Studio Jear wants you to reach YOUR fitness goals! Tuesdays only (mornings / evenings). Email: zumbajear@yahoo.com / Call (904) 733-3724</p> </div>				