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www.zumbajear.com



February 2012

Mon ♥	Tue ♥	Wed ♥	Thu ♥	Fri ♥	Sat ♥	Sun ♥		
<div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Studio Jear is in the mood....CHECK THIS MONTH'S CALENDAR FOR ALL THE FREE & FUN STUFF!</p> </div>		1	2	3	4	5		
		5:15pm – 6:15pm BodyPump with Jerome	5:30PM – 6:00PM FREE! BODYPUMP FORM /TECHNIQUE CLASS - JEROME	8:00am – 9:00am Yoga with Mark	6:30pm – 7:30pm Zumba with Arlene & Jerome!	6:30pm – 7:30pm Zumba Fitness w/Rene!	9:00am – 10:00am BodyPump with Jerome	CLOSED
		6:30pm – 7:30pm Zumba with Arlene & Jerome!	7:45pm – 8:30pm MEDITATION Yoga with Mark	***AVAIL FOR PRIVATE GROUP FITNESS BOOKING OR ROOM RENTAL FOR EVENTS	10:30am – 11:30am Zumba with Arlene & Jerome	11:45am–12:15pm Abz-Solution		
6	7	8	9	10	11	12		
5:15 – 6:15pm BodyPump with Jerome	9:00am to 10:00am – Zumba with Angie!	5:15pm – 6:15pm BodyPump with Jerome	10:00am to 11:00am – Zumba with Angie!	8:30am – 9:30am BodyPump with Jerome	10:00 am – 12:00pm – ZUMBA TWO HOUR JAM!	CLOSED		
6:30pm – 7:30pm Zumba with Arlene & Jerome	5:15PM – 6:15PM – SELF DEFENSE with Al Marshall 6:30PM – 7:30PM – Zumba with Ariel!	6:30pm – 7:30pm Zumba with Arlene & Jerome!	5:30pm – 6:00pm Basic Zumba Moves FREE!	***AVAIL FOR PRIVATE GROUP FITNESS BOOKING OR ROOM RENTAL FOR EVENTS	SPECIAL EVENT – MONTHLY PASSES & PREPAID CLASS CARDS NOT APPLICABLE			
	FREE! 5:45pm – 6:15pm Abz-Solution	7:45pm – 8:30pm MEDITATION Yoga with Anastayisa	6:30pm – 7:30pm Zumba Fitness w/Rene!					
13	14	15	16	17	18	19		
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	FREE! 5:45pm – 6:15pm Abz-Solution	7:45pm – 8:30pm MEDITATION Yoga with Mark	6:30pm – 7:30pm Zumba Fitness w/Rene!		9:30am – 10:30am Zumba with Arlene & Jerome			
	<i>El Amor....</i>				BOOKED			
20	21	22	23	24	25	26		
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	5:30pm – 6:00pm Basic Zumba Moves FREE!	7:45pm – 8:30pm MEDITATION Yoga with Anastayisa	6:30pm – 7:30pm Zumba Fitness w/Rene!		10:30am – 11:30am Zumba with Arlene & Jerome			
					11:45am–12:15pm Abz-Solution			
27	28	29	<div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>STUDIO JEAR IS IN LOVE WITH ITS PATRONS! FEB 14TH – ZUMBA CLASSES (MORNING & EVENING CLASSES) – COUPLES IN LOVE GET IN 2 FOR \$10.00!! SAVINGS OF \$4.00!! Do something <i>different</i> with your loved one this Valentine's Day! Thinking about asking that "special someone" out on a date? Did you know that fitness picks up the heart rate & "love" drive?? Special Prize Raffles!</p> </div>					
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"To laugh often and love much... to appreciate beauty, to find the best in others, to give one's self... this is to have succeeded."