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OCTOBER 2018



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|
| 1 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★ 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 2 5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! | 3 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR | 4 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike | 5 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME | 6 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 8 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 9 5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! | 10 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with "SQUEAKS" | 11 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike | 12 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with KELLY "Chameleon" | 13 LOCATION: MOJITOS ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! \$50 CASH PRIZE FOR BEST COSTUME! *costumes not required to attend event* |
| 15 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★ 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 16 5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! | 17 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR | 18 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike | 19 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN "Squeaks" | 20 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 22 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 23 5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! | 24 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with "SQUEAKS" | 25 5:45pm – 6:45pm BodyPump - Kelly G! ★7:00pm to 8:00pm SALSA DANCE CLASS with Mike | 26 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME | 27 LOCATION: MOJITOS *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
| 29 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★ 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR | 30 5:45m to 6:45pm Pilates with Kelly G! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! | HAPPY HALLOWEEN! 31 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR | 2 HOUR ZUMBA FITNESS JAM! Saturday – October 13 th – 10am to 12pm! FITNESS, FUN & FREE STUFF! Including \$50.00 cash prize for best costume! *costumes not required to attend event*  | | |

STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:

WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256

SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256

STUDIO JEAR GROUP FITNESS – OCTOBER 2018 FITNESS CHALLENGE!

KEEPING IT STRONG CONTEST – 10/1/18 thru 12/31/18!

FREE FOR STUDIO JEAR PATRONS!

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!

1ST PRIZE – FREE JAN AND FEB 2019 MONTHLY PASSES!

MUST REGISTER – ASK FOR CONTEST DETAILS!