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SEPTEMBER 2019

When you're in class - Pick up your Hurricane Preparedness Flyers and Healthy Snack of the Month Recipe

Mon	Tue	Wed	Thu	Fri	Sat
2 LET'S TAKE A BREAK! CLOSED	3 5:45pm to 6:45pm Pilates with Kelly G!	4 5:30pm to 6:30pm BodyPump with Jerome	5 5:45pm – 6:45pm BodyPump - Kelly G!	6 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	7 LOCATION: MOJITOS: 7 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES
	6:45pm to 7:45pm ZUMBA with Jerome aka MR. FITNESS!	6:45pm to 7:45pm ZUMBA with ROCKIN' ROBBIN!	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike★		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
9 5:30pm to 6:30pm BodyPump with Jerome	10 5:45m to 6:45pm Pilates with Kelly G!	11 5:30pm to 6:30pm BodyPump with Jerome	12 5:45pm – 6:45pm BodyPump - Kelly G!	13 	14 LOCATION: MOJITOS: 14 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! ★PAJAMA PARTY THEME! BEST PJ OUTFIT WINS \$50.00! ★ PJ'S NOT REQUIRED TO PARTICIPATE!
16 5:30pm to 6:30pm BodyPump with Jerome	17 5:45pm to 6:45pm Pilates with Kelly G!	18 5:30pm to 6:30pm BodyPump with Jerome	19 5:45pm – 6:45pm BodyPump - Kelly G!	20 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEN "Squeaks"	21 LOCATION: MOJITOS: 21 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES
23 5:30pm to 6:30pm BodyPump with Jerome	24 5:45pm to 6:45pm Pilates with Kelly G!	25 5:30pm to 6:30pm BodyPump with Jerome	26 5:45pm – 6:45pm BodyPump - Kelly G!	27 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	28 LOCATION: MOJITOS: 28 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome MUST RSVP FOR SAT CLASSES
30 5:30pm to 6:30pm BodyPump with Jerome					
6:45pm to 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with Jerome aka MR. FITNESS!	6:45pm to 7:45pm ZUMBA with "JEN aka SQUEAKS!"	6:45pm to 7:45pm ZUMBA with ROCKIN' ROBBIN!	6:45pm to 7:45pm ZUMBA with "JEN aka "SQUEAKS!"	6:45pm to 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR

WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256
 SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256

**PAJAMA PARTY THEME! DON'T MISS THE
 2 HOUR ZUMBA FITNESS JAM ON SEPT 14th AT
 MOJITOS! 5 STUDIO JEAR ZUMBA FITNESS INSTRUCTORS = 2
 HOURS OF FITNESS, FUN & RESULTS!
 FALL BACK INTO FITNESS!**

