

JEROME RECREATION DISTRICT

(Class schedule for June 1–30th)

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| Class | Days | Time | Fee | Instructor |
|---|-------------------|-----------------|---|------------|
| Spinning (Morning) Min. 5 Max. 15 | M,W,F | 5:30 am-6:10 am | \$20 in-district \$30 out-of-district | Paula |
| Boot Camp Min. 5 Max. 25 | M,W,F | 5:30 am-6:15am | \$20 in-district \$30 out-of-district | Amy |
| Boot Camp Min. 5 Max. 25 | M, T, W, TH, F | 8:15 am-9:00 am | \$30 in-district \$40 out-of-district | Amy |
| Yoga (Morning) Min. 5 Max. 25 | T,TH | 8:30 am-9:45 am | \$25 in-district \$35 out-of-district | SueLin |
| Yoga (Evening) Min. 5 Max. 25 | F | 7:00 pm-8:00 pm | \$8.00 in-district \$18.00 out-of-district | Sandra |
| Pilates Min. 5 Max. 25 | M, W, F | 8:15 am-9:00 am | \$20 in-district \$30 out-of-district | Annie |
| Zumba (Morning) Min. 5 Max. 25 | M,W,F | 9:05 am-9:50 am | \$20 in-district \$30 out-of-district | Carmen |
| Zumba (Evening) Min. 5 Max. 25 | M,W | 6:15 pm-7:00 pm | \$15 in-district \$25 out-of-district | Trisha |
| Zumba (Evening) Min. 5 Max. 25 | T,TH | 6:15 pm-7:00 pm | \$15 in-district \$25 out-of-district | Katie |
| Homeschool PE | W,F | 2:00 pm-3:00 pm | \$12 in/\$22 out child \$30 in/\$40 out family | Ruth Ann |
| TRX Training (Morning) Min. 5 Max. 15 | T,TH | 5:30 am-6:15 am | \$15 in-district \$25 out-of-district | Clover |
| TRX Training (Evening) Min. 5 Max. 15 | M,W | 5:30 pm-6:15 pm | \$15 in-district \$25 out-of-district | Clover |
| Water Aerobics Min. 5 Max. 30 | M,T,W,TH | 5:30pm-6:15 pm | \$30 in-district \$40 out-of-district | Paula |

Business Hours

Mon – Fri 5am – 9pm
 Saturday 7am – 7pm
 Sunday 10am – 4pm
 Call-324-3389
 jeromerecreationdistrict.com

Walk-in to the above classes for a \$3 fee.
 \$5 per class for Cross-Fit
 All walk-ins are on a first come, first serve basis.
Please remember to sign in.

CrossFit Schedule

Mon/Tues/Wed/Fri 6:15 am - 7:00 am \$50/\$60 per month
 Tues/Thurs 5:30 am - 6:15 am \$25/\$35 per month
 Mon/Tues/Thurs 7:00 pm-7:45 pm \$35/\$45 per month
 Saturdays 7:00 am \$5 per class

If you are more than 5 minutes late to any CrossFit class, you will **NOT** be allowed in the class. This is for your own safety, and the classes schedule.