

JEROME RECREATION DISTRICT

(Class schedule for August 1–31st)

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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	T, TH	5:30 pm-6:15 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
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 (August 1-17) Min. 5 Max. 30	M,T,W,TH	5:30pm-6:15 pm	\$22.50 in-district \$32.50 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.