JEROME RECREATION DISTRICT

(Class schedule for October 1 - 31)

OCTOBER CLASSES

Class	Days	Time	Fee	Instructor
Early Spinning Min. 5 Max. 15	M,W,F	5:30 am-6:10 am	$20 in-district $30 out-of-district	Paula
Evening Spinning Min. 5 Max. 15	T,TH	5:30 pm-6:15pm	$15 in-district $25 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	8:15am –9:00am	$35 in-district $45 out-of-district	Amy
Yoga Min. 5 Max. 25	T,TH	8:30 am-9:45 am	$25 in-district $35 out-of-district	SueLin
Yoga Min. 5 Max 25	F	7:00pm-7:45pm	$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
Evening Zumba Min. 5 Max. 25	M,W	6:15 pm-7:00 pm	$15 in-district $25 out-of-district	Trisha
Evening Zumba Min. 5 Max 25	T, TH	6:15pm-7:00pm	$15 in-district $25 out-of-district	Katie
Morning TRX Min. 5 Max. 15	T,TH	5:30 am-6:15 am	$15 in-district $25 out-of-district	Clover
Evening TRX **Min. 5 Max. 15**	M,W	5:30 pm-6:15 pm	$15 in-district $25 out-of-district	Clover
Home School PE	W,F	2:00pm-3:00pm	$12 in/$22 out child $30 in/$40 out family	Ruth Ann Jaime
Kids Fitness	M, TH	5:30pm-6:10pm	$12 in district $22 out of district	Kirsten

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.

Business Hours

Mon – Fri	5am – 9pm
Saturday	7am – 7pm
Sunday	10am – 4pm

Call-324-3389
jeromerecreationdistrict.com

CrossFit Schedule

Mon/Fri	5:30 am - 6:15 am	$25/$35 per month
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.