

DECEMBER CLASSES

JEROME RECREATION DISTRICT

(Class schedule for Dec. 1st-31st)

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
Saturday Spinning Min. 5 Max. 15	S	8:00am-8:40am	\$8 in-district \$18 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
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

**Happy
Holidays!**

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

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.