

FEBRUARY CLASSES

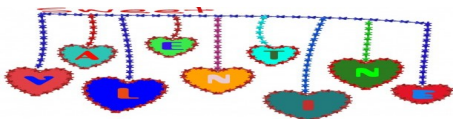
JEROME RECREATION DISTRICT

(Class schedule for February 1-28th)

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	Sat.	8:00am-8:45am	\$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,T,W,F	5:30 am-6:15am	\$25 in-district \$35 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 Min. 5 Max. 25	T,TH	8:30 am-9:45 am	\$25 in-district \$35 out-of-district	SueLin
Friday Yoga Min. 5 Max. 25	F	7pm-7:45pm	\$8 in-district \$18 out-of-district	Sandra
Pound Fitness Min. 5 Max. 15	T,Th	7:30am-8:15am	\$15 in-district \$25 out-of-district	Trudy
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	Katie
Evening Zumba Min. 5 Max. 25	T,TH	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Lorena
Homeschool PE	W,F	2:00 pm-3:00 pm	\$12 in/\$22 out child \$30 in/\$40 out family	RuthAnn & Jaime
Morning TRX Training Min. 5 Max. 15	T,TH	5:30 am-6:15 am	\$15 in-district \$25 out-of-district	Clover
Evening TRX Training Min. 5 Max. 15	M,W	5:30 pm-6:15 pm	\$15 in-district \$25 out-of-district	Clover
Friday TRX Training Min. 5 Max. 15	F	6:00 pm-6:45 pm	\$8 in-district \$18 out-of-district	Clover
Kid's Fitness	M,TH	5:30 pm-6:10 pm	\$12 in-district \$22 out-of-district	Kristen

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.

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.