

JEROME RECREATION DISTRICT

(Class schedule for April 1st—April 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
Saturday Spinning Min. 5 Max 15	Sat.	8:00 am-8:45 am	\$8 in-district \$18 out-of-district	Paula
Spinning (Evening) 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, TH, F	5:30 am-6:15am	\$30 in-district \$40 out-of-district	Amy Scott
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 in-district \$18 out-of-district	Sandra
Pound Fitness (15) Min. 5. Max 15	T, TH	7:30 am-8:15 am	\$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
Zumba (Evening) Min. 5 Max. 25	M,W	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Katie
Zumba (Evening) Min. 5 Max. 25	T,TH	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Lorena
Homeschool PE Min. 5 Max. 25	W,F	2:00 pm-3:00 pm	\$12 in/\$22 out child \$30 in/\$40 out family	Ruth Ann Jamie
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
Friday TRX Training Min. 5 Max 15	F	6:00 pm-6:45 pm	\$8 in-district \$18 out-of-district	Darin
Kid's Fitness Min. 5 Max. 25	M, TH	5:30 pm-6:10 pm	\$8 in-district \$18 out-of-district	Kirsten



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