

# JEROME RECREATION DISTRICT

(Class schedule for March 1st—March 31st)



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Class	Days	Time	Fee	Instructor
<b>Spinning (Morning)</b> 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
<b>Spinning (Evening)</b> Min. 5 Max. 15	T,TH	5:30 pm-6:15pm	\$15 in-district \$25 out-of-district	Paula
<b>Boot Camp</b> Min. 5 Max. 25	M,T, W, TH, F	5:30 am-6:15am	\$30 in-district \$40 out-of-district	Amy Scott
<b>Boot Camp</b> Min. 5 Max 25	M, T, W, TH, F	8:15 am-9:00 am	\$30 in-district \$40 out-of-district	Amy
<b>Yoga (Morning)</b> Min. 5 Max. 25	T,TH	8:30 am-9:45 am	\$25 in-district \$35 out-of-district	SueLin
<b>Yoga (Evening)</b> Min. 5 Max 25	F	7:00 pm-8:00 pm	\$8 in-district \$18 out-of-district	Sandra
<b>Pound Fitness (15)</b> Min. 5. Max 15	T, TH	7:30 am-8:15 am	\$15 in-district \$25 out-of-district	Trudy
<b>Pilates</b> Min. 5 Max. 25	M, W, F	8:15 am-9:00 am	\$20 in-district \$30 out-of-district	Annie
<b>Zumba (Morning)</b> Min. 5 Max. 25	M,W,F	9:05 am-9:50 am	\$20 in-district \$30 out-of-district	Carmen
<b>Zumba (Evening)</b> Min. 5 Max. 25	M,W	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Katie
<b>Zumba (Evening)</b> Min. 5 Max. 25	T,TH	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Lorena
<b>Homeschool PE</b>	W,F	2:00 pm-3:00 pm	\$12 in/\$22 out child \$30 in/\$40 out family	Ruth Ann Jamie
<b>TRX Training (Morning)</b> Min. 5 Max. 15	T,TH	5:30 am-6:15 am	\$15 in-district \$25 out-of-district	Clover
<b>TRX Training (Evening)</b> 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
<b>Kid's Fitness</b>	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

<b>Mon/Fri</b>	5:30 am - 6:15 am	\$25/\$35 per month
<b>Mon/Tues/Wed/Fri</b>	6:15 am - 7:00 am	\$50/\$60 per month
<b>Tues/Thurs</b>	5:30 am - 6:15 am	\$25/\$35 per month
<b>Mon/Tues/Thurs</b>	7:00 pm-7:45 pm	\$35/\$45 per month
<b>Saturdays</b>	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.