

JEROME RECREATION DISTRICT

(Class schedule for July 1–31th)

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Class	Days	Time	Fee	Instructor
Spinning (Morning) Min. 5 Max. 15 - MP Room	M,W,F	5:30 am - 6:10 am	\$20 in-district \$30 out-of-district	Paula
Boot Camp Min. 5 Max. 25 – Gym 2	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 – Gym 2	M, T, W, TH, F	8:15 am - 9:00 am	\$30 in-district \$40 out-of-district	Amy
Power Boot Camp Min. 5 Max. 25 – Gym 2	M, T, W, TH, F	6:15 am - 7:00 am	\$30 in-district \$40 out-of-district	Devin/Joe
Functional Training Min. 5 Max. 25 – Gym 2	M, F	5:30 am - 6:15 am	\$15 in-district \$25 out-of-district	Scott
Functional Training Min. 5 Max. 25 - MP Room	M, T, TH	7:00 pm - 7:45 pm	\$20 in-district \$30 out-of-district	Joe/Scott/Devin
Functional Training Min. 5 Max. 25 – Gym 2	Saturday	7:00 am	\$3.00 per class	Joe/Scott/Devin
Pains & Gains Min. 5 Max. 25 – Gym 2	T, TH	5:30 am - 6:15am	\$15 in-district \$25 out-of-district	Devin/Joe
Yoga (Morning) Min. 5 Max. 25 - MP Room	T, TH	8:30 am - 9:45 am	\$25 in-district \$35 out-of-district	SueLin
Yoga (Evening) Min. 5 Max. 25 - MP Room	F	7:00pm-8:15pm	\$8.00 in-district \$18.00 out-of-district	Sandra
Pilates Min. 5 Max. 25 - MP Room	M, W, F	8:15 am - 9:00 am	\$20 in-district \$30 out-of-district	Annie
Zumba (Morning) Min. 5 Max. 25 - MP Room	M,W,F	9:05 am - 9:50 am	\$20 in-district \$30 out-of-district	Carmen
Zumba (Evening) Min. 5 Max. 25 - MP Room	M,W	6:15 pm - 7:00 pm	\$15 in-district \$25 out-of-district	Katie
Zumba (Evening) Min. 5 Max. 25 - MP Room	T,TH	6:15 pm - 7:00 pm	\$15 in-district \$25 out-of-district	Lorena
TRX Training (Morning) Min. 5 Max. 15- MP Room	T,TH	5:30 am - 6:15 am	\$15 in-district \$25 out-of-district	Clover
TRX Training (Evening) Min. 5 Max. 15- MP Room	M,W	5:30 pm - 6:15 pm	\$15 in-district \$25 out-of-district	Clover
Water Aerobics Min. 5 Max. 30 - MP Room	M,T,W,TH	5:30pm - 6:15 pm	\$30 in-district \$40 out-of-district	Paula
Obstacle Course Class NONE in July	See Flyer for details	See Flyer for times	\$3.00 per class or free with membership up- grade	Darin

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.
 All walk-ins are on a first come, first serve basis.
Please remember to sign in.

