

# DECEMBER CLASSES



# JEROME RECREATION DISTRICT

(Class schedule for December 1-31)

Class	Days	Time	Fee	Instructor
<b>Spinning (Morning)</b> Min. 5 Max. 15 - MP Room	M,W,F	5:30 am - 6:10 am	\$20 in-district \$30 out-of-district	Paula
<b>Spinning (Morning)</b> Min. 5 Max 15 -MP Room	Saturday	8:00 am-8:40 am	\$8 in-district \$18 out-of-district	Paula
<b>Spinning (Evening)</b> Min. 5 Max. 15 - MP Room	T,TH	5:30 pm - 6:10 pm	\$15in-district \$25 out-of-district	Paula
<b>Boot Camp</b> 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
<b>Boot Camp</b> 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
<b>Power Boot Camp</b> 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
<b>Functional Training</b> Min. 5 Max. 25 - Gym 2	M, F	5:30 am - 6:15 am	\$15 in-district \$25 out-of-district	Scott
<b>Functional Training</b> 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
<b>Functional Training</b> Min. 5 Max. 25 - Gym 2	Saturday	7:00 am-7:45 am	\$3.00 per class	Joe/Scott/Devin
<b>Pound Fitness</b> Min. 5 Max 25—MP Room	T, TH	7:30 AM—8:15 AM	\$15 in-district \$25 out-of-district	Trudy
<b>Pains &amp; Gains</b> Min. 5 Max. 25 - Gym 2	T, TH	5:30 am - 6:15am	\$15 in-district \$25 out-of-district	Devin/Joe
<b>Yoga (Morning)</b> Min. 5 Max. 25 - MP Room	T, TH	8:30 am - 9:45 am	\$25 in-district \$35 out-of-district	SueLin
<b>Yoga (Morning)</b> Min. 5 Max 25 - MP Room	W	10:00 am-11:15 am	\$8 in-district \$18 out-of-district	Sandra
<b>Pilates</b> Min. 5 Max. 25 - MP Room	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 - MP Room	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 - MP Room	M,W	6:15 pm - 7:00 pm	\$15 in-district \$25 out-of-district	Katie
<b>Zumba (Evening)</b> Min. 5 Max. 25 - MP Room	T,TH	6:15 pm - 7:00 pm	\$15 in-district \$25 out-of-district	Lorena
<b>TRX Training (Morning)</b> Min. 5 Max. 15- MP Room	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- MP Room	M,W	5:30 pm - 6:15 pm	\$15 in-district \$25 out-of-district	Clover
Home School PE Min. 5 Max. 40	W,F	2:00pm-3:00pm	\$12 in-district \$24 out-of-district	RuthAnn Jaime
<b>Kids Fitness</b> Min. 5	T,TH	5:30pm-6:10pm	\$12 in-district \$24 out-of-district	Anna
<b>Obstacle Course Class</b>	See Flyer for details	See Flyer for times	\$3.00 per class or free with membership up- grade	Darin

## Hours Open

Mon – Fri  
5am – 9pm  
Saturday  
7am – 7pm  
Sunday  
10am – 4pm

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.**

