JEROME RECREATION DISTRICT

(Class schedule for March1-31st)

MARCH CLASSES

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
Spinning (Morning) Min. 5 Max 15 –MP Room	Saturday	8:00 am-8:40 am	$8 in-district $18 out-of-district	Paula
Spinning (Evening) Min. 5 Max. 15 - MP Room	T,TH	5:30 pm - 6:10 pm	$15in-district $25 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	8:10 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-7:45 am	$3.00 per class	Joe/Scott/Devin
Pound Fitness Min. 5 Max 25—MP Room	T, TH	7:30 AM—8:15 AM	$15 in-district $25 out-of-district	Trudy
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 (Morning) Min. 5 Max 25 - MP Room	W	10:00 am-11:15 am	$8 in-district $18 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
Home School PE Min. 5 Max. 40	W,F	2:00pm-3:00pm	$12 in-district $24 out-of-district	RuthAnn Jaime
Kids Fitness Min. 5	T,TH	5:30pm-6:10pm	$12 in-district $24 out-of-district	Anna
Obstacle Course Class	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.