

# Jerome Recreation District

## Class schedule for September 1-30th

**Higher Intensity**

**Lower Intensity**

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30-6:15 am	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	\$30 in district \$40 out of district
	Spinning Paula		Spinning Paula		Spinning Paula	\$20 in district \$30 out of district
	Functional Training Scott	Functional Training Scott		Functional Training Scott	Functional Training Scott	\$15 in district \$25 out of district
		Pains & Gains Devin/Joe		Pains & Gains Devin/Joe		\$15 in district \$25 out of district
		TRX Training Clover		TRX Training Clover		\$15 in district \$25 out of district
6:15-7:00 am	Power Boot Camp Devin/Joe	Power Boot Camp Devin/Joe	Power Boot Camp Devin/Joe	Power Boot Camp Devin/Joe	Power Boot Cam Devin/Joe	\$30 in district \$40 out of district
	Zumba Katie		Zumba Katie			\$15 in district \$25 out of district
7:00-7:45 am	SATURDAY ONLY		Functional Training	Joe/Scott/Devin		\$3 per class
7:30-8:15 am		Pound Fitness Trudy		Pound Fitness Trudy		\$15 in district \$25 out of district
8:10-9:00 am	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	Boot Camp Amy	\$30 in district \$40 out of district
8:15-9:00 am	Pilates Annie		Pilates Annie		Pilates Annie	\$20 in district \$30 out of district
8:30-9:45 am		Yoga SueLin		Yoga SueLin		\$25 in district \$35 out of district
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 out of district
5:30-6:15 pm	TRX Clover		TRX Clover			\$15 in district \$25 out of district
		Spinning Paula		Spinning Paula		\$15 in district \$25 out of district
6:15-7:00 pm Begins 9/11	Strong after 40 Amy/Scott		Strong after 40 Amy/Scott			\$15 in district \$25 out of district
		Zumba Lorena		Zumba Lorena		\$15 in district \$25 out of district
7:00-7:45 pm	Functional Training Joe/Scott/Devin	Functional Training Joe/Scott/Devin		Functional Training Joe/Scott/Devin		\$20 in district \$30 out of district
Obstacle Course Class	See flyer for details on class dates and times.				Darin	\$3 per class

**Hours Open**

Mon-Fri 5a m-9 pm  
Saturday 7am-7pm  
Sunday 10am-4pm



Walk-ins to the above classes for a \$3 fee.  
All walk-ins are on a first come, first served basis.  
**Please remember to sign in!**

Buy a punch card with 10 classes for only \$20.