

Jerome Recreation District

Higher Intensity	Class	Schedule	for	October 1-31st	Lower Intensity
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	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 Clover		TRX 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
10:00-11:00 am			Yoga Sandra			\$8 in district \$18 out of district
2:00-3:00 pm			Home School PE Trever/Jaime		Home School PE Trever/Jaime	\$12 in district \$24 out of district
5:30-6:15 pm	TRX/BOSU Oct. Clover		TRX/BOSU Oct. Clover			\$15 in district \$25 out of district
		Spinning Paula		Spinning Paula		\$15 in district \$25 out of district
5:30-6:10 pm		Kids Fitness Jaime		Kids Fitness Jaime		\$12 in district \$24 out of district
6:15-7:00 pm	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
7:00-8:00 pm					Yoga Sandra	\$8.00 in district \$18. out of dsitric
7:00-7:45 pm	Functional Training Joe/Scoot/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