

Jerome Recreation District

Higher Intensity

Class Schedule for March 1-31st

Lower Intensity

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30-6:15 am	Boot Camp Amy	Boot Camp Scott	Boot Camp Amy	Boot Camp Scott	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 Joe/Devin		Functional Training Joe/Devin	Functional Training Scott	\$30 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 Cam Devin/Joe	\$30 in district \$40 out of district
7:00-7:45 am	SATURDAY ONLY Functional Training				Joe/Scott/Devin	\$3 per class
	Spinning				Paula	
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
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 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
12:00-12:45pm			Yoga Kelly			\$8 in district \$18 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
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			Obstacle Course Darin			\$3 per class