



Jerome Recreation District Class Schedule for August 1st-31st



Higher Intensity						Lower Intensity
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	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	\$20 in district \$30 out of district
7:00-7:45 am	SATURDAY ONLY					\$3 per class
	Functional Training 7am		Joe/Scott/Devin			
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		\$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
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
6:15-7:00pm		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

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.