



# Jerome Recreation District Class Schedule for September 1st-30th



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	<b>SATURDAY ONLY</b>					\$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
2:00-3:00 pm			Home School PE Jaime		Home School PE Jaime	\$30 per family or \$12 per child
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.**