Jerome Recreation District
Class Schedule for October

Higher Intensity — 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
	SATURDAY ONLY					
	Functional Training 7am Zumba (Every other Saturday) 9am			Joe/Scott Lorena		$3 per class
7:30-8:10 am		Pound Fitness Trudy		Pound Fitness Trudy		$15 in district $25 out of district
8:00-8:45am	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 Scott			Functional Training JOE		$15 in district $25 out of district
8:00-8:45pm	High Fitness Jaimie		High Fitness Jaimie			$15 per month $3 per class

Hours Open

Mon-Fri 5am-9pm

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.