



Jerome Recreation District Class Schedule for December



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
	SATURDAY ONLY					
	HIGH FITNESS Zumba (Every other Saturday)	8am 9am			Jaimie 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					\$8 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.