



Jerome Recreation District Class Schedule for November



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		Functional Training Joe	Functional Training Scott	\$30 in district \$40 out of district
		TRX Clover		TRX Clover		\$15 in district \$25 out of district
7:30-8:15am		Pound Unplugged Trudy		Pound Unplugged Trudy		\$15 in district \$25 out of district
8:00-8:45am	Boot Camp Amy	Boot Camp Amy		Boot Camp Amy		\$20 in district \$30 out of district
8:15-9:00am	Pilates Annie		Pilates Annie		Pilates Annie	\$30 in district \$40 out of district
8:30-9:45 am		Yoga Suelin		Yoga Suelin		\$25 in district \$35 out of district
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 out of district
5:30-6:15pm	TRX Clover		TRX Clover			\$20 in district \$30 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
SATURDAYS	High Fitness Starts Sept. 16th	7am Boot Camp	8am High Fitness	9am Zumba		\$4.00 a class

Hours Open

Mon-Fri 5am-9pm

Saturday 7am-7pm

Sunday 10am-4pm

Walk-ins to the above classes for a \$4 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 \$25.