



# Jerome Recreation District October Fitness Class Schedule



<b>Higher Intensity</b>						<b>Lower Intensity</b>
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	Monday	Tuesday	Wednesday	Thursday	Friday	
5:30-6:15 am	Boot Camp Amy	Boot Camp Scott	Boot Camp Scott	Boot Camp Scott	Boot Camp Amy	\$30 in district \$40 out of district
	Functional Training Scott	Functional Training Darin		Functional Training Darin	Functional Training Scott	\$30 in district \$40 out of district
		TRX Clover		SPINNING Clover	-	\$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
1:30 -2:30pm		Homeschool PE Jaime		Homeschool PE Jaime		Ind-\$12 in dist. Family-\$30 in dist.
9:05-9:50 am	Zumba Carmen		Zumba Carmen		Zumba Carmen	\$20 in district \$30 out of district
5:30pm-6:15pm	Total Body Blast Clover		Total Body Blast Amy			
6:15-7:00pm	Zumba Lorena	Zumba Lorena		Zumba Lorena		\$20 in district \$30 out of district
7:00-7:45 pm	Functional Training Denice			Functional Training Denice		\$15 in district \$25 out of district
<b>SATURDAYS</b>				<b>9am Zumba</b>		<b>\$4.00 a class</b>

**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 and attend 10  
classes for only \$25.**