



Jerome Recreation District

March Fitness Class Schedule



Higher Intensity



Lower Intensity

	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		TRX Clover		\$15 in district \$25 out of district
	Spinning 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	\$20 in district \$30 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			\$15.00 in district \$25 out of district
6:15-7:00pm	Zumba Lorena	Zumba Lorena		Zumba Lorena		\$20 in district \$30 out of district
7:00PM-7:45PM	Functional Fitness Denice			Functional Fitness Denice		\$15 in district \$25 out of dist.

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.