

# November 2017 Jackson Hole Health and Fitness Group Schedule

|          | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY |
|----------|--|--|--|---|--|----------|
| 6:00 AM  |  | <b>Total Body Fit</b><br><i>Lynne</i>                                  | <b>Cardio Core for All Levels</b><br><i>Lisa</i>   | <b>Total Body Fit</b><br><i>Lynne</i>                                 |  |          |
| 9:00 AM  |  | <b>Ski Fitness</b><br><i>Lisa</i><br><i>No Class 28<sup>th</sup></i>   | <b>Yoga Flow</b><br><i>Hannah</i><br><i>No Class 1<sup>st</sup> &amp; 8<sup>th</sup></i> | <b>Ski Fitness</b><br><i>Lisa</i>                                     | <b>Yoga Flow</b><br><i>Kristine</i><br><i>No Class 24<sup>th</sup></i> |          |
| 12:15 PM |  | <b>Yoga Sculpt</b><br><i>Hannah</i><br><i>No Class 7<sup>th</sup></i>  | <b>Pilates</b><br><i>Sarah</i>   | <b>Yoga Sculpt</b><br><i>Hannah</i><br><i>No Class 2<sup>nd</sup></i> | <b>Pilates</b><br><i>Sarah</i>   |          |
| 1:15 PM  | <b>Pilates</b><br><i>Sarah</i>                   |  |  |   |  |          |
| 4:30 PM  |  | <b>Yoga Flow</b><br><i>Kristine</i><br><i>No Class 21<sup>st</sup></i> |  |   |  |          |
| 5:35 PM  | <b>Zumba</b><br><i>Yan</i>                       |  | <b>Yoga</b><br><i>Hannah</i><br><i>No Class 22<sup>nd</sup></i>                          |   | <b>Zumba</b><br><i>Yan</i>   |          |
| 6:15 PM  |  | <b>Ski Fit X</b><br><i>Terry</i>                                       |  | <b>Ski Fit X</b><br><i>Terry</i>                                      |  |          |
| 6:50 PM  | <b>Cardio Strength Intervals</b><br><i>Vicki</i> |  | <b>Step Pump</b><br><i>Vicki</i>   |   | <b>Cardio Strength Intervals</b><br><i>Vicki</i>                       |          |

Free Guest Friday is November 17<sup>th</sup> -- All members can bring unlimited guests  
**THANKSGIVING DAY HOURS 7:00 AM - 2:00PM NO CLASSES** except for:  
**TURKEY BUSTER CLASS WITH Lisa @ 9:00am on Thanksgiving Day!**

838 West Broadway 734-9000 [www.jhhealthandfitness.com](http://www.jhhealthandfitness.com)

Monday-Friday: 5:15am-9pm Saturday: 7am-6pm Sunday: 9am-7pm