

## March 2018 Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		<b>Total Body Fit</b> <i>Lynne</i> <i>No Class 27<sup>th</sup></i>		<b>Total Body Fit</b> <i>Lynne</i> <i>No Class 29<sup>th</sup></i>		
9:00 AM		<b>Power Hour Fit</b> <i>Lisa</i>		<b>Power Hour Fit</b> <i>Lisa</i>		
12:15 PM		<b>Yoga</b> <i>Kristine</i>	<b>Pilates 12:20p</b> <i>Sarah</i> <i>No Class 7<sup>th</sup></i>	<b>Yoga</b> <i>Kristine</i>	<b>Pilates 12:20p</b> <i>Sarah</i> <i>No Class 2<sup>nd</sup> &amp; 9<sup>th</sup></i>	
1:20 PM	<b>Pilates</b> <i>Sarah</i> <i>No Class 5<sup>th</sup></i>					
5:35 PM	<b>Zumba</b> <i>Yan</i>		<b>Yoga</b> <i>Nikki</i> <i>No Class 7<sup>th</sup></i>		<b>Zumba</b> <i>Yan</i>	
6:15 PM		<b>Fit X</b> <i>Terry</i>		<b>Fit X</b> <i>Terry</i>		
6:50 PM	<b>Cardio Strength Intervals</b> <i>Vicki</i>		<b>Step Pump</b> <i>Vicki</i>		<b>Cardio Strength Intervals</b> <i>Vicki</i>	
<b>Free Guest Friday is March 16<sup>th</sup> -- All members can bring unlimited guests</b>						

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

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