

October 2018

Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Total Body Fit <i>Lynne</i>		Total Body Fit <i>Lynne</i>		
9:00 AM		Ladies Strength! <i>Mike</i> <i>No Class 2nd</i>		Ladies Strength! <i>Mike</i> <i>No Class 4th</i>		
12:15 PM		Yoga <i>Kristine</i>	Pilates 12:20p <i>Sarah</i> <i>No Class Oct. 17th</i>	Yoga Sculpt <i>Kristine</i>	Pilates 12:20p <i>Sarah</i> <i>No Class Oct. 19th</i>	
1:20 PM	Pilates 1:20p <i>Sarah</i> <i>No Class Oct. 22nd</i>					
5:35 PM	Zumba <i>Yan</i> <i>No Class 1st</i>		Cardio Dance Club <i>Janice</i> <i>Begins October 17th</i>		Zumba <i>Yan</i>	
6:15 PM		Ski Fit X <i>Terry</i>		Ski Fit X <i>Terry</i>		
6:50 PM	Cardio Strength Intervals <i>Vicki</i>		Step Pump <i>Vicki</i>		Cardio Strength Intervals <i>Vicki</i>	

Free Guest Friday is October 19th – All members can bring unlimited guests

NEW CLASS-Cardio Dance Club !!!

Regular schedule for this class begins October 17th

838 West Broadway 734-9000 www.jhhealthandfitness.com

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

Sunday: 9:00am - 6:00pm - note the closing time change