

July 2018 Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Total Body Fit <i>Lynne</i> <i>No Class 3^d</i>		Total Body Fit <i>Lynne</i> <i>No Class 5th</i>		
9:00 AM		Ladies Strength! <i>Mike</i>		Ladies Strength! <i>Mike</i>		
12:15 PM		Yoga <i>Kristine</i>	Pilates 12:20p <i>Sarah</i>	Yoga <i>Kristine</i>	Pilates 12:20p <i>Sarah</i>	
5:35 PM	Zumba <i>Yan</i>				Zumba <i>Yan</i> <i>No Class 6th</i>	
6:15 PM		Fit X <i>Terry</i>		Fit X <i>Terry</i> <i>Begins on the 19th</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 July 20th – All members can bring unlimited guests

4TH OF JULY HOURS: 7:00AM - 12:00PM NO CLASSES

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