

January 2018 Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Total Body Fit Lynne <i>No Class 16th</i>		Total Body Fit Lynne <i>No Class 18th</i>		
9:00 AM		Power Hour Fit Lisa <i>No Class 30th</i>		Power Hour Fit Lisa		
12:15 PM		Yoga Kristine <i>Returns late January</i>	Pilates 12:20p Sarah	Yoga Kristine <i>Returns late January</i>	Pilates 12:20p Sarah	
1:20 PM	Pilates Sarah					
5:35 PM	Zumba Yan		Yoga Nikki <i>No Class 3rd</i>		Zumba Yan	
6:15 PM		Fit X Terry		Fit X Terry		
6:50 PM	Cardio Strength Intervals Vicki		Step Pump Vicki		Cardio Strength Intervals Vicki	

Free Guest Friday is January 19th -- All members can bring unlimited guests

NEW YEARS DAY 7:00a-9:00p

No Classes on January 1st

838 West Broadway 734-9000 www.jhhealthandfitness.com

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