

September 2017 Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Fit <i>Lynne</i>	Cardio Core for All Levels <i>Lisa</i>	Fit <i>Lynne</i>		
9:00 AM		Power Hour <i>Lisa</i> <i>Starts Sept. 5th</i>	Yoga Flow <i>Hannah</i> <i>Starts Sept. 13th</i>	Power Hour <i>Lisa</i> <i>Starts Sept. 7th</i>	Yoga Flow <i>Kristine</i> <i>Starts Sept. 8th</i>	
12:15 PM		Yoga Sculpt <i>Hannah</i>	Pilates <i>Sarah</i>	Yoga Sculpt <i>Hannah</i>	Pilates <i>Sarah</i> <i>No Class 1st</i>	
1:15 PM	Pilates <i>Sarah</i>					
4:30 PM		Yoga Flow <i>Kristine</i>				
5:15 PM <i>New Time</i>			Yoga <i>Nikki</i> <i>No Class Sept. 6th</i>	Stiff Dudes Yoga <i>Nikki</i> <i>No Class Sept. 7th</i>		
5:35 PM	Zumba <i>Yan</i>				Zumba <i>Yan</i>	
6:15 PM		Fit X <i>Terry</i>		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 September 15th – All members can bring unlimited guests

NO CLASSES MONDAY, SEPTEMBER 4TH, LABOR DAY

838 West Broadway 734-9000 www.jhhealthandfitness.com

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