

March 2019

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 March 14th & 28th</i>		Total Body Fit <i>Lynne</i> <i>No Class March 28th</i>		
9:00 AM	Free Fly Flow Yoga <i>Sydney</i>	Ladies Strength! <i>Mike</i>		Ladies Strength! <i>Mike</i>		
12:15 PM		Yoga Sculpt <i>Kristine</i> <i>No Class March 19th</i>	Pilates 12:20p <i>Sarah</i>	Yoga Sculpt <i>Kristine</i> <i>No Class March 14th</i>	Pilates 12:20p <i>Sarah</i>	
1:20 PM	Pilates 1:20p <i>Sarah</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 day Friday, March 15th!!!						

838 West Broadway 734-9000 www.jhhealthandfitness.com

Monday-Friday: 5:15am-9pm Saturday: 7am-6pm Sunday: 9:00am - 6:00pm