

NOVEMBER 2021

Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
9:00 AM	FUSION TRX Mike	LADIES STRENGTH Mike	FUSION TRX Mike	LADIES STRENGTH Mike		
12:15 PM			MAT PILATES SARA			
4:00 PM						
5:35 PM	ZUMBA				ZUMBA	
6:15 PM		Fit X Mike		Fit X Mike		
7:15 PM	CARDIO/STEP Strength Intervals Vicki	CARDIO SCULPT Beatriz	CARDIO/STEP VICKI	CARDIO SCULPT Beatriz	CARDIO/STEP Strength Intervals Vicki	

838 West Broadway 734-9000 www.jhhealthandfitness.com

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

Free guest day is Friday, NOV. 19TH