

JANUARY 2022

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 Yan | | | | ZUMBA Yan | |
| 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, JAN. 21ST

Happy New Year!