

# SEPTEMBER 2023

## Jackson Hole Health and Fitness Group Schedule

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

838 West Broadway 307-734-9000 [www.jhhealthandfitness.com](http://www.jhhealthandfitness.com)  
 Monday-Friday: 5:15am-9pm Saturday: 7am-6pm Sunday: 9:00am - 6:00pm

**Where The West Gets Fit**