

November 2023

Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
9:00 AM	FUSION TRX 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		
7:00 PM	CARDIO/STEP Strength Intervals Vicki		CARDIO/ STEP VICKI		CARDIO/STEP Strength Intervals Vicki	

838 West Broadway 307-734-9000 www.jhhealthandfitness.com

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

Where The West Gets Fit