

October 2020

Jackson Hole Health and Fitness Group Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
9:00 AM	FUSION TRX Mike <i>No Class 8/17</i>	Ladies Strength! Mike	FUSION TRX Mike	Ladies Strength! Mike		
12:15 PM	MAT PILATES WITH SARA Beginning November 2nd		MAT PILATES WITH SARA Beginning November 4th			
4:00 PM						
5:35 PM	Zumba Yan				Zumba Yan	
6:15 PM		Fit X Mike		Fit X Mike		
6:50 PM	Cardio Strength Intervals Vicki		Step Pump Vicki		Cardio Strength Intervals Vicki	

838 West Broadway 734-9000 www.jhhealthandfitness.com

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

MAT PILATES with SARA BEGINNING November 2nd!!!!

WHERE THE WEST GETS FIT!!