



January, 2018 Fitness Calendar

** For More Information Visit Our Website:
www.tetonparksandrec.org
 307-739-9025

Version 1

**Try the New Jazzercise!
 Join us for a free Jazzercise
 Class!**

**Thursday, January 4
 5:30-6:30 pm**

Classes designated in green are contract classes. Class fees are paid directly to the instructor.

Classes designated in black, you may use a recreation center punch card or drop-in.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED New Year's Day	2 8:30-9:30 am Yoga Elizabeth 9-10 am Deep H2O Fit Steven 4:15-5:15 pm Maryt 5:30-6:30 pm Jazzercise Pat	3 7-8 am Yoga Maryt 8-9 am ReFit Tammy 9-10 am Yoga Chrissy 9-10 am Water Fitness Dawna 11am – 12 pm Pilates Taylor 6-7 pm Yoga Maryt	4 9-10 am Yoga Elizabeth 9-10 am Deep H2O Fit Sue 4:15-5:15 pm Yoga Cheryl 5:30-6:30 pm Free Jazzercise Class Pat	5 9-10 am Water Fitness Dawna 9-10 am Yoga Chrissy 12:10-1:00 pm Zumba Yan	6
7 Yoga 6:00-7:00 pm Amy	8 6:30-7:30 am HIIT Marisa 7-8 am Yoga Cheryl 8:30-9:30 am ReFit Tammy 9-10 am Water Fitness Sue 10:15-11:15 am Strongher Marisa 12-1 pm Pilates Taylor 5:00-5:45 pm Jazzercise Pat 6-7 pm Yoga Lisa	9 7:00-8:00 am Barre Marisa 8:30 am-9:30 am Yoga Elizabeth 9-10 am Deep H2O Fit Sue 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Yoga Lisa 5:25-6:25 pm Barre Marisa 5:30-6:30 pm Jazzercise Pat	10 6:30-7:30 am HIIT Marisa 7-8 am Yoga Maryt 8-9 am ReFit Tammy 9-10 am Yoga Chrissy 9-10 am Water Fitness Dawna 11 am-12 pm Pilates Taylor 6-7 pm Yoga Maryt	11 7:00-8:00 am Barre Marisa 9-10 Yoga Elizabeth 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Yoga Cheryl	12 6:30-7:30 am HIIT Marisa 9-10 am Water Fitness Dawna 9-10 am Yoga Chrissy 10:15-11:15 am Strongher Marisa 11:15 am-12 pm HIIT Marisa 12:10-1:00 pm Zumba Yan 1:10-2:00 pm Mat Fitness Taylor	13
14 Yoga 6:00-7:00 pm Amy	15 Holiday Hours Martin Luther King Day 12:00-7:00 pm 12:10-1 pm Pilates Taylor 5:00-5:45 pm Jazzercise Pat 6-7 pm Yoga Lisa	16 7:00-8:00 am Barre Marisa 8:30-9:30 am Yoga Elizabeth 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Yoga Lisa 5:25-6:25 pm Barre Marisa 5:30-6:30 pm Jazzercise Pat	17 6:30-7:30 am HIIT Marisa 7-8 am Yoga Maryt 8-9 am ReFit Tammy 9-10 am Yoga Chrissy 9-10 am Water Fitness Dawna 11 am – 12 pm Pilates Taylor 6-7 pm Yoga Maryt	18 7:00 -8:00 am Barre Marisa 9-10 am Yoga Kate 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Kate	19 6:30-7:30 am HIIT Marisa 9-10 am Water Fitness Dawna 9-10 am Yoga Chrissy 10:15-11:15 am Strongher Marisa 11:15 am-12 pm HIIT Marisa 12:10-1:00 pm Zumba Yan	20

<p>21</p> <p>Yoga 6:00-7:00 pm Amy</p>	<p>22</p> <p>6:30-7:30 am HIIT Marisa 7-8 am Yoga Maryt 8:30-9:30 am ReFit Tammy 9-10 am Water Fitness Sue 10:15-11:15 am Strongher Marisa 12-1 pm Pilates Taylor 5:00-5:45 pm Jazzercise Pat 6-7 pm Yoga Lisa</p>	<p>23</p> <p>7:00-8:00 am Barre Marisa 8:30-9:30 am Yoga Elizabeth 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Yoga Lisa 5:25-6:25 pm Barre Marisa 5:30-6:30 pm Jazzercise Pat</p>	<p>24</p> <p>6:30-7:30 am HIIT Marisa 7-8 am Yoga Maryt 8-9 am ReFit Tammy 9-10 am Yoga Chrissy 9-10 am Water Fitness Dawna 11 am – 12 pm Pilates Taylor 6-7 pm Yoga Maryt</p>	<p>25</p> <p>7:00-8:00 am Barre Marisa 9-10 am Yoga Elizabeth 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Cheryl 5:30-6:30 pm Jazzercise Pat</p>	<p>26</p> <p>6:30-7:30 am HIIT Marisa 9-10 am Water Fitness Dawna 9-10 am Yoga Chrissy 10:15-11:15 am Strongher Marisa 11:15-12 pm HIIT Marisa 12:10-1:00 pm Zumba Yan 1:10-2:00 pm Mat Fitness Taylor</p>	<p>27</p>
<p>28</p> <p>Yoga 6:00-7:00 pm Amy</p>	<p>29</p> <p>6:30-7:30 am HIIT Marisa 7-8 am Yoga Cheryl 8:30-9:30 am ReFit Tammy 9-10 am Water Fitness Sue 10:15-11:15 am Strongher Marisa 12-1 pm Pilates Taylor 5:00-5:45 pm Jazzercise Pat 6-7 pm Yoga Lisa</p>	<p>30</p> <p>7:00-8:00 am Barre Marisa 8:30-9:30 am Yoga Elizabeth 9-10 am Deep H2O Fit Steven 12 – 1 pm Aqua Zumba Amy 4:15-5:15 pm Yoga Lisa 5:25-6:25 pm Barre Marisa 5:30-6:30 pm Jazzercise Pat</p>	<p>31</p> <p>6:30-7:30 am HIIT Marisa 7-8 am Yoga Maryt 8-9 ReFit Tammy 9-10 am Yoga Chrissy 9-10 am Water Fitness Dawna 11am-12 pm Pilates Taylor 6-7 pm Yoga Maryt</p>			