



# September

fitness

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 4Directions-O Zumba Group Fitness
<b>4</b> <i>Labor Day</i> No Work	<b>5</b> 4Directions-O Yoga Class Step Class	<b>6</b> 4Directions-O Zumba Strong by Zumba	<b>7</b> 4Directions-O Zumba Yoga Class Zumba	<b>8</b> 4Directions-O Zumba Group Fitness
<b>11</b> Directions-O Zumba Step Class	<b>12</b> 4 Directions-O Zumba Yoga Class Step Class	<b>13</b> 4 Directions-O Zumba Strong by Zumba	<b>14</b> 4Directions-O Zumba Yoga Class Zumba	<b>15</b> <u>CPR Class</u> Zumba Group Fitness
<b>18</b> Directions-O Zumba Step Class	<b>19</b> 4Directions-O Zumba Yoga Class Step Class	<b>20</b> <u>CPR Class</u> Zumba Strong by Zumba	<b>21</b> 4Directions-O Zumba Yoga Class Zumba	<b>22</b> 4Directions-O Zumba Group Fitness
<b>25</b> Directions-O Zumba Step Class	<b>26</b> 4Directions-O Zumba Yoga Class Step Class	<b>27</b> 4Directions-O Zumba Strong by Zumba	<b>28</b> 4Directions-O Zumba Yoga Class Zumba	<b>29</b> <i>Indian Day</i> No Work

rnandez, Julie Dustin, Jackie Yokoyama, Leland Broncho, Roland Marshall, Kira Murillo, Anee Angel, Terry Racehorse, Necha Mendoza, Marci Dawes, Ashley Te'o, David Lee, Annie Bacon

ns Program Monday thru Friday – 8:30 to 10:00 am Fitness Building

5 – 12-1 pm (Fridays only) (Te'o/Jackie) Fitness Bldg.

Tuesdays 12:00 pm & Thursdays at 1:30 pm

ng - Thursday at 5:30 pm fitness building

Mondays & Tuesdays at 5:30 pm

on – Monday thru Friday -12:10 pm Timbee Hall (ck on Fort Hall Noon Zumba for class changes)

**ook for updates or** changes under Fort Hall Noon Zumba, Health Education for Community for evening classes, call Ola at He s on evening classes at 478-3864.

**ED FA Call Health Education to sign up at 208-478-3965/3864.**

