



September Class Schedule

www.DreamchaserEvents.com

208-787-2077

47 S. Main St. Driggs

****Indicates Childcare Available**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
**9:00-10:00 Julie Intervals w/Weights	**9:00-10:30 Lisa Hard Core Boot Camp	7:00 – 8:15 Live Well Workshop Chris Pre-Reg Required 9/18 - 10/23	9:00 – 10:30 Lisa Outdoor Boot Camp Teton Springs	7:00 – 9:00 Chris Personal Training Sessions Pre-Reg Required	**9:00-10:00 Instructor Varies Cardio Core	
**9:00-10:00 Stacey Oula Yoga Room	9:00 – 10:00 Connie Yoga – All Levels Teton Springs	**9:00-10:00 Chris Stretch, Strengthen & Stress Reduction FREE Class 8/28	**9:00-10:00 Abby Circuit Training	**9:00-10:00 Chris Mix It Up!		
	6:15 – 7:15 Abby Circuit Training	6:15-7:30 Live Well Workshop Chris Pre-Reg Required 9/18 - 10/23	5:30 – 6:30 Char Cardio Core			
			5:30 – 6:30 Connie Yoga – All Levels Teton Springs			
					Things to Come: Jackson Hole Marathon Events – September 22 nd Yellowstone-Teton Endurance Races – October 5 th – 6 th NO FITNESS CLASSES ON SCHEDULED EVENT DATES	