

Vault Health and Fitness offering free classes in November

Wallowa County Chieftain

Vault Health and Fitness in Enterprise is offering free promotional classes in November that are open to the public (no gym membership required) as a way to thank the community for all of its support since the fitness center at 106 SW 1st St. opened in February.

Class space is limited, so an early RSVP is recommended. Attendees will be limited to two featured classes a week per person.

Attendance and feedback will be

used to future class offerings and schedules.

Malia Mattox has a bachelor of science degree in nutrition from California Polytechnic State University—San Luis Obispo.

She is a Certified Personal Trainer and Corrective Exercise Specialist from the National Academy of Sports Medicine with more than 500 certified hours of training as an advanced yoga teacher. She has over nine years of experience with life coaching, nutrition counseling, personal training and yoga instruction.

Kellee Sheehy is a professional fitness, dance and yoga instructor who is passionate about helping people improve and enjoy their lives — from the inside out. She has more than 15 years of experience teaching a variety of group fitness classes including barre, yoga, step, kickboxing, ballet, jazz, PE and pilates.

Visit vaulthealthandfitness.com to learn more about Vault Health and Fitness, its staff and upcoming events.

November's free classes:

- Wednesday, Nov. 2: Grace Space Barre with Kellee Sheehy, 8 a.m.
- Thursday, Nov. 3: Grace Space Barre with Kellee Sheehy, 8:30 a.m.
- Monday, Nov. 7: Grace Space Yoga with Kellee Sheehy, 5:30 p.m.
- Tuesday, Nov. 8: Grace Space Yoga with Kellee Sheehy, 10 a.m.
- Thursday, Nov. 10: Grace Space Yoga with Kellee Sheehy, 8:30 a.m.
- Friday, Nov. 11: Healthy Self Yoga with Malia Mattox, 4 p.m.
- Sunday, Nov. 13: Diversity Avenue Salsa with Gwen, 5:30 p.m.
- Tuesday, Nov. 15: Workshop — Taking Care of Your Brain, 6-8 p.m.

WALLOWA COUNTY CHIEFTAIN

2016 GRIDIRON WEEK 7 CONTEST

★ WEEK 5 WINNER IS MICK COURTNEY WHO WON A TIEBREAKER WITH 10 CORRECT PICKS ★



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5. USC @ Washington



800 S. River Street,
Enterprise
541-426-9228
carpetonenterprise.com

4. California @ Washington State

Enjoy The Season!



Wallowa-Enterprise-Joseph
Member FDIC

8. Idaho @ Texas State



3. Oregon State @ UCLA
541-426-6210
115 W. Main Street
Enterprise



604 S. River Street
Enterprise
541-426-5833

1. Ohio State @ Maryland



Ed Staub & Sons
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201 E. Hwy 82 Enterprise
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www.edstaub.net

12. Packers @ Titans

LOCAL SPORTS



Every Week in the
Wallowa County
Chieftain
and at
wallowa.com

6. LSU @ Arkansas

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9. Broncos @ Saints



802 NW 1st Street
Enterprise
541.426.3139

11. Vikings @ Redskins



311 West Main Street
Enterprise, Oregon
541-426-2100

13. Bears @ Buccaneers



Main Street, Joseph
541-432-4363

10. Cowboys @ Steelers

THOMPSON
AUTO SUPPLY



541-426-3181
106 SW Second St,
Enterprise, OR 97828

2. Boston College @ Florida State



Enterprise • 121 W Main
541-426-3177
Pendleton • Athena • Baker City
Elgin • La Grande
Heppner • Ione • Hermiston • Condon

7. Stanford @ Oregon



Hurricane Creek Road
Enterprise
541.426.3116

15. Seahawks @ Patriots

LOCAL SPORTS



Every Week in the
Wallowa County
Chieftain
and at
wallowa.com

14. Falcons @ Eagles



GRIDIRON CONTEST



WEEK 7 ENTRY FORM
GAMES PLAYED NOVEMBER 11-13

NAME: _____

PHONE: _____

GAME	ADVERTISER	WINNER
No. 1		
No. 2		
No. 3		
No. 4		
No. 5		
No. 6		
No. 7		
No. 8		
No. 9		
No. 10		
No. 11		
No. 12		
No. 13		
No. 14		
No. 15 TIE BREAKER		Winner Score

Signature: _____

CLIP TABLET AND MAIL ENTRY TO:
Football Contest, P.O. Box 338, Enterprise, OR 97828

GAME RULES:

1. Displayed in these sports minded businesses' advertisements are 15 games scheduled for next week.
2. Clip the entry form and write, in numerical order, the advertiser's name and the team you think will win the game listed in the ad.
3. Game No. 15 will be the tiebreaker every week. Simply write what you think the final score will be for each team. Total points scored in the game will be used to break ties.
4. Official Entry forms, or photocopy accepted only. **NO EXCEPTIONS!**
5. Only one entry per person permitted, but all members of a family may enter, provided they use the official entry blank or a photocopy of such, filled out and signed by the individual entrant. **Entries must be BY entrant.** Entries must be brought to the Wallowa County Chieftain in Enterprise no later than noon, Wednesday, one week following date of publication, or mail your entry to: Football Contest, P.O. Box 338, Enterprise, OR 97828. All entries must be received by the deadline.
6. Employees of the Wallowa County Chieftain or members of their immediate family are not eligible to win prize money.
7. Winners will be announced in the Wednesday paper following the games. **\$35 prize money for first place each week!** All decisions of the Judges will be final.

\$200
GRAND PRIZE

PLAY THE CHIEFTAIN'S GRIDIRON CONTEST EVERY WEEK!

GRAND PRIZE WILL BE DRAWN FROM WEEKLY WALLOWA COUNTY CHIEFTAIN
GRIDIRON CONTEST WINNERS ON WEDNESDAY, DECEMBER 14, 2016