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 instruc-

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 pi-

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

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

WINNER IS MICK COURTNEY WHO WON A TIEBREAKER WITH IO CORRECT PICKS



Give us a call at 541.426.6072 CARPET ONE SHOME

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

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Wallowa-Enterprise-Joseph Member FDIC

11. Vikings @ Redskins res LES SCHWAB

Mon.-Fri. 8am-5:30pm Sat. 9am-4pm **541-426-3344** CCB#187543 • EC #32-14C



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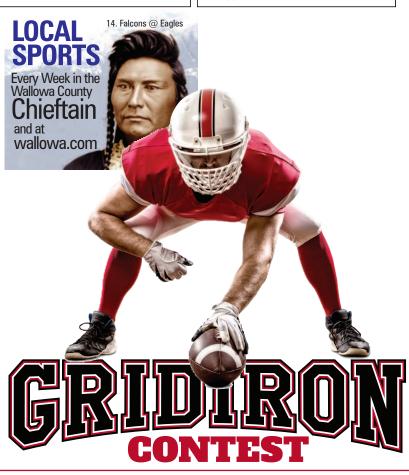
Main Street, Joseph 541-432-4363



wallowa.com









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
- 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.
- 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.

win the game listed in the ad.

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