


Pam Long-PL  
 Angelita Santiago-AS  
 Pamela Sulton-PS  
 Harry Williams-HW

# September 2019 - Andy's Gym

Quote: "Someone busier than you is working out right now! Make the time!"

## Instructors

Sun	Mon	Tue	Wed	Thu		Sat
1	<b>WE WILL BE CLOSED ON LABOR DAY</b>	3 8:30am Rhythms-AS 4pm Resistance-PL 5:30pm Basics-HW	4 8:30am Sp. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS	5 8:30am Sp. Pop-PS 4pm Cardio-PL 5:30pm Mxd Fit-BS	6	7 10am Zumba-HW
8 	9 4pm-Circuit-PL 5:30pm Zumba-AS	10 8:30am Rhythms-AS 4pm Resistance-PL 5:30pm Basics-HW	11 8:30am Sp. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS	12 8:30am Sp. Pop-PS 4pm Cardio-PL 5:30pm Mxd Fit-BS	13	14 10am Zumba-HW
15	16 4pm-Circuit-PL 5:30pm Zumba-AS	17 8:30am Rhythms-AS 4pm Resistance-PL 5:30pm Basics-HW	18 8:30am Sp. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS	19 8:30am Sp. Pop-PS 4pm Cardio-PL 5:30pm Mxd Fit-BS	20	21 10am-1pm <b>Do it in Pink</b> <b>AEROBATHON!</b> <b>FREE EVENT!</b>
22	23 4pm-Circuit-PL 5:30pm Zumba-AS	24 8:30am Rhythms-AS 4pm Resistance-PL 5:30pm Basics-HW	25 8:30am Sp. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS	26 8:30am Sp. Pop-PS 4pm Cardio-PL 5:30pm Mxd Fit-BS	27	28 10am Zumba-HW
29 <i>Fitness Membership Required</i>	30 4pm-Circuit-PL 5:30pm Zumba-AS					

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