



Valerie Cowan-VC  
 Cynd Hartman-CH  
 Jim Lewis-JL  
 Pam Long-PL  
 Well- beats- WB

# September 2019-Coleman Gym

**Instructors**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fitness Membership Required	2 	3 5:30pm Yoga-VC	4 5:30pm Body Blast Wellbeats system	5	6	7 8:15am Yoga-CH
8	9	10 5:30pm Yoga-VC	11 5:30pm Body Blast Wellbeats system	12	13	14 8:15am Yoga-CH
15	16 	17 5:30pm Yoga-VC	18 5:30pm Body Blast Wellbeats system	19	20	21 10am-1pm <b>Do it in Pink</b> AEROBATHON! FREE EVENT!
22	23	24 5:30pm Yoga-VC	25 5:30pm Body Blast Wellbeats system	26	27	28 8:15am Yoga-CH
29	30					

[jackson.armymwr.com/us/jackson/programs/fitness](http://jackson.armymwr.com/us/jackson/programs/fitness)