

Pam Long—PL
 Alicia Pena—AP
 Harry Williams—HW

January 2019— Vanguard Gym

QUOTE: “GO HARD...THEN GO HOME!”

jackson.armymwr.com/programs/fitness

	Mon	Tue	Wed	Thu	Fri	Sat
			2	3 6am Total Spin-HW	4 4:15pm Soul Cycle-PL	5
6	7	8 6am Total Spin-AP	9	10 6am Total Spin-HW	11 4:15pm Soul Cycle-PL	12
13	14	15 6am Total Spin-AP	16	17 6am Total Spin-HW	18 4:15pm Soul Cycle-PL	19
20	21 MLK Bike Ride 8am 	22 6am Total Spin-AP	23	24 6am Total Spin-HW	25 4:15pm Soul Cycle-PL	26 
27	28	29 6am Total Spin-AP	30	31		