

Pamela Sulton-PS  
 Harry Williams-HW  
 Angelita Santiago-Sub

# September 2019-Knight Pool

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	4 5:30pm Total Body-HW	5	6 10am Aquatics-PS	7
8	9 10am Aquatics-PS	10	11 5:30pm Total Body-HW	12 	13 10am Aquatics-PS	14
15	16 10am Aquatics-PS	17	18 5:30pm Total Body-HW	19	20 10am Aquatics-PS	21 10am-1pm <b>Do it in Pink</b> AEROBATHON! FREE EVENT!
22	23 10am Aquatics-PS	24	25 5:30pm Total Body-HW	26	27 10am Aquatics-PS	28
29	30 10am Aquatics-PS	<a href="http://jackson.armymwr.com/us/jackson/programs/fitness">jackson.armymwr.com/us/jackson/programs/fitness</a>				