

Laurie Boarts—LB
 Cindy Hartman-CH
 Jim Lewis-JL

January 2019-Coleman Gym

QUOTE: "GO HARD...THEN GO HOME!"

instructors
 jackson.armymwr.com/programs/fitness

	Mon	Tue	Wed	Thu	Fri	Sat
			2 5:30pm Biggest Loser Body Blast-LB	3	4 10:00am Wellbeats 5:30pm Wellbeats	5 8:15am Yoga-CH
6	7 10am Body Blast -LB 5:30pm Wellbeats	8	9 5:30pm Biggest Loser Body Blast-LB	10	11 10:00am Wellbeats 5:30pm Wellbeats	12 8:15am Yoga-CH
13	14 10am Body Blast -LB 5:30pm Wellbeats	15	16 5:30pm Biggest Loser Body Blast-LB	17	18 10:00am Wellbeats 5:30pm Wellbeats	19 8:15am Yoga-CH
20	21 MLK Bike Ride 8am 	22	23 5:30pm Biggest Loser Body Blast-LB	24 	25 10:00am Wellbeats 5:30pm Wellbeats	26 8:15am Yoga-CH
27	28 10am Body Blast -LB 5:30pm Wellbeats	29	30 5:30pm Biggest Loser Body Blast-LB	31		