

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

Instructors

August 2019-Vanguard Gym

Quote: “If you get tired...learn to rest...not to quit!”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FINTESS MEMBERSHIP REQUIRED FOR CLASSES				1	2	3
4	5	6 6am Total Spin-AP	7	8 6am Total Spin—HW	9	10
11 	12	13 6am Total Spin-AP	14	15 6am Total Spin—HW	16	17
18	19	20 6am Total Spin-AP	21	22 6am Total Spin—HW	23	24
25	26	27 6am Total Spin-AP	28	29 6am Total Spin—HW	30	31

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