

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

Instructors September 2019-Vanguard Gym

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fitness Membership Required for		3 6am Total Spin-AP	4	5 6am Total Spin-HW	6	7
8	9	10 6am Total Spin-AP	11	12 6am Total Spin-HW	13	14
15 	16	17 6am Total Spin-AP	18	19 6am Total Spin-HW	20	21 10am-1pm Do it in Pink AEROBATHON! FREE EVENT!
22	23	24 6am Total Spin-AP	25	26 6am Total Spin-HW	27	28
29	30					

jackson.armymwr.com/us/jackson/programs/fitness