

Valerie Cowan-VC  
 Cynd Hartman-CH  
 Jim Lewis-JL  
 Pam Long-PL  
 Wellbeats-WB

# August 2019-Coleman Gym

**Quote** *If you get tired...learn to rest...not to quit!*

**Instructors**

Sun

Mon


Tue

Wed

Thu

Fri

Sat

<a href="http://jackson.armymwr.com/usjacksonprograms/fitness">jackson.armymwr.com/usjacksonprograms/fitness</a>	FITNESS MEMBERSHIP REQUIRED FOR CLASSES			1	2	3 8:15am Yoga-CH	
	4	5	6 5:30pm Yoga-VC	7 5:30pm Body Blast-WB	8	9 	10 8:15am Yoga-CH
	11	12	13 5:30pm Yoga-VC	14 5:30pm Body Blast-WB	15	16	17 8:15am Yoga-CH
	18	19	20 5:30pm Yoga-VC	21 5:30pm Body Blast-WB	22	23	24 8:15am Yoga-CH
	25	26	27 5:30pm Yoga-VC	28 5:30pm Body Blast-WB	29	30	31 8:15am Yoga-CH