

Pam Long—PL
 Angelita Santiago-AS
 Pamela Sulton-PS
 Harry Williams- HW

Instructors

August 2019—Aerobics



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fitness Membership Required	jackson.armymwr.com/us/jackson/programs/fitness			1 8:30am Sp. Pop—PS 4pm Cardio-PL	2	3 10am Zumba—HW
4	5 4pm-Circuit-PL 5:30pm Zumba-AS	6 8:30am Rhythms-AS 4pm-Resistance-PL 5:30pm- Basics-HW	7 8:30am Sp. Pop-PS 4:15pm Yoga—PL 5:30pm Zumba-AS	8 8:30am Sp. Pop—PS 4pm Cardio-PL	9	10 10am Zumba—HW
11	12 4pm-Circuit-PL 5:30pm Zumba-AS	13 8:30am Rhythms-AS 4pm-Resistance-PL 5:30pm- Basics-HW	14 8:30am Sp. Pop-PS 4:15pm Yoga—PL 5:30pm Zumba-AS	15 8:30am Sp. Pop-PS 4pm Cardio-PL MixFit—BS	16	17 10am Zumba—HW
18	19 4pm-Circuit-PL 5:30pm Zumba-AS	20 8:30am Rhythms-AS 4pm-Resistance-PL 5:30pm- Basics-HW	21 8:30am Sp. Pop-PS 4:15pm Yoga—PL 5:30pm Zumba-AS	22 8:30am Sp. Pop-PS 4pm Cardio-PL MixFit—BS	23	24 10am Zumba—HW
25	26 4pm-Circuit-PL 5:30pm Zumba-AS	27 8:30am Rhythms-AS 4pm-Resistance-PL 5:30pm- Basics-HW	28 8:30am Sp. Pop-PS 4:15pm Yoga—PL 5:30pm Zumba-AS	29 8:30am Sp. Pop-PS 4pm Cardio-PL MixFit—BS	30	31 10am Zumba—HW