


TyKisha Dixon—TD
Pam Long—PL
Beverly Seante-BS
Pamela Sulton-PS
Harry Williams-HW

March 2020-Andy's Aerobics

Instructors

QUOTE: "YOUR FOCUS DETERMINES YOUR REALITY"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 4pm FF Circuit—PL 5:30pm Zumba—TD	3 8:30am Rhythms-BS 4pm Interval—PL 5:30pm MixFit-BS	4 4pm Step—PL 4:45pm Yoga—PL 5:30pm Zumba—HW	5 4pm Cardio-PL 5:30pm MixFit-BS	6 4:15pm Soul Cycle @ Vanguard Gym—PL	7 9am BL Walk 10am Zumba-HW
8 <i>Fitness membership required to partici- pate in classes. Join us today!</i>	9 4pm FF Circuit—PL 5:30pm Zumba—TD	10 8:30am Rhythms-BS 4pm Interval—PL 5:30pm MixFit-BS	11 4pm Step—PL 4:45pm Yoga—PL 5:30pm Zumba—HW	12 4pm Cardio-PL 5:30pm MixFit-BS	13 4:15pm Soul Cycle @ Vanguard Gym—PL	14 9am BL Walk 10am Zumba-HW
15	16 4pm FF Circuit—PL 5:30pm Zumba—TD	17 8:30am Rhythms-BS 4pm Interval—PL 5:30pm MixFit-BS	18 4pm Step—PL 4:45pm Yoga—PL 5:30pm Zumba—HW	19 4pm Cardio-PL 5:30pm MixFit-BS	20 4:15pm Soul Cycle @ Vanguard Gym—PL	21 9am BL Walk 10am Zumba-HW
22	23 4pm FF Circuit—PL 5:30pm Zumba—TD	24 8:30am Rhythms-BS 4pm Interval—PL 5:30pm MixFit-BS	25 4pm Step—PL 4:45pm Yoga—PL 5:30pm Zumba—HW	26 4pm Cardio-PL 5:30pm MixFit-BS	27 4:15pm Soul Cycle @ Vanguard Gym—PL	28 9am BL Walk 10am Zumba-HW
29 	30 4pm FF Circuit—PL 5:30pm Zumba—TD	31 8:30am Rhythms-BS 4pm Interval—PL 5:30pm MixFit-BS	jackson.armymwr.com/programs/fitness			