

Kimberlee Hillard—KL
 Jim Lewis—JL
 Pam Long—PL
 Kimberlee Hillard—KH
 Tamera Warren—TW
 Harry Williams—HW

September 2017— Vanguard Gym

Quote: “It’s Your health!”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
www.fortjacksonmwr.com/fitness						1 4:15pm Sol Cycle-PL 5:30pm PED POD
3 NO CLASS	4 WE WILL BE CLOSED ON LABOR DAY	5 6am Ttl Spin—TW	6 12noon-Ttl Spin-KH 5:30pm PEP POD	7 6am Ttl Spin—TW	8 4:15pm Sol Cycle-PL 5:30pm PED POD	9 
10 2pm—Yoga	11 12noon- Spin-WB 5:30pm PEP POD	12 6am Ttl Spin—TW	13 12noon-Ttl Spin-KH 5:30pm PEP POD	14 6am Ttl Spin—TW	15 4:15pm Sol Cycle-PL 5:30pm PED POD	16
17 2pm—Yoga	18 12noon- Spin-WB 5:30pm PEP POD	19 6am Ttl Spin—TW	20 12noon-Ttl Spin-KH 5:30pm PEP POD	21 6am Ttl Spin—TW	22 4:15pm Sol Cycle-PL 5:30pm PED POD	23 10am Do it in Pink!
24 2pm—Yoga	25 12noon- Spin-WB 5:30pm PEP POD	26 6am Ttl Spin—TW	27 12noon-Ttl Spin-KH 5:30pm PEP POD	28 6am Ttl Spin—TW	29 4:15pm Sol Cycle-PL 5:30pm PED POD	30