Kimberlee Hillard—KH Pam Long—PL Tameria Warren-TW Harry Williams-HW

October 2017-Vanguard Gym



Quote: "Don't expect to see a change if you don't make one!"

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7
12noon- Spin-WB 5:30pm PEP POD	6am Ttl Spin—TW	12noon-Ttl Spin-KH 5:30pm PEP POD	6am Ttl Spin—TW	4:15pm Sol Cycle-PL 5:30pm PED POD	SULS. ARMY SNU
9	10	11	12	13	14 IVI VV IK
Day	6am Ttl Spin—TW	12noon-Ttl Spin-KH 5:30pm PEP POD	6am Ttl Spin—TW	4:15pm Sol Cycle-PL 5:30pm PED POD	Anilies. RETIRES
16	17	18	19	20	21
12noon- Spin-WB 4:15pm Spin-PL 5:30pm PEP POD	6am Ttl Spin—TW 4:15pm Spin-PL	12noon-Ttl Spin-KH 5:30pm PEP POD	6am Ttl Spin—TW	4:15pm Sol Cycle-PL Held @ Solomon Ctr 5:30pm PED POD	Domestic: Violence Bike-A-Thon 10am
23	24	25	26	27	28
12noon- Spin-WB 5:30pm PEP POD	6am Ttl Spin—TW	12noon-Ttl Spin-KH 5:30pm PEP POD	6am Ttl Spin—TW	4:15pm Sol Cycle-PL 5:30pm PED POD	
30	31				
12noon- Spin-WB 5:30pm PEP POD	6am Ttl Spin—TW	www.f(ortjackso	hmwr.con	fitness
	2 12noon- Spin-WB 5:30pm PEP POD 9 Columbus Day No Classes 16 12noon- Spin-WB 4:15pm Spin-PL 5:30pm PEP POD 23 12noon- Spin-WB 5:30pm PEP POD 30 12noon- Spin-WB	2312noon- Spin-WB 5:30pm PEP POD6am Ttl Spin—TW910Columbus Day No Classes6am Ttl Spin—TW161712noon- Spin-WB 4:15pm Spin-PL 5:30pm PEP POD6am Ttl Spin—TW232412noon- Spin-WB 5:30pm PEP POD6am Ttl Spin—TW3031303112noon- Spin-WB 6am Ttl Spin—TW	23412noon-Spin-WB 5:30pm PEP POD6am Ttl Spin—TW12noon-Ttl Spin-KH 5:30pm PEP POD91011Columbus Day No Classes10116am Ttl Spin—TW12noon-Ttl Spin-KH 5:30pm PEP POD5:30pm PEP POD16171812noon-Spin-WB 4:15pm Spin-PL 5:30pm PEP POD6am Ttl Spin—TW 4:15pm Spin-PL 5:30pm PEP POD12noon-Ttl Spin-KH 5:30pm PEP POD23242512noon-Spin-WB 5:30pm PEP POD6am Ttl Spin—TW 4:15pm Spin-PL 5:30pm PEP POD12noon-Ttl Spin-KH 5:30pm PEP POD30311	234512noon-Spin-WB 5:30pm PEP POD6am Ttl Spin—TW12noon-Ttl Spin-KH 5:30pm PEP POD6am Ttl Spin—TW910111201011126am Ttl Spin—TW12noon-Ttl Spin-KH 5:30pm PEP POD6am Ttl Spin—TW1617181912noon-Spin-WB 4:15pm Spin-PL 5:30pm PEP POD6am Ttl Spin—TW 4:15pm Spin-PL 5:30pm PEP POD192324252612noon-Spin-WB 5:30pm PEP POD6am Ttl Spin—TW 4:15pm Spin-PL 5:30pm PEP POD263031	2345612noon-Spin-WB 5:30pm PEP POD6am Ttl Spin—TW12noon-Ttl Spin-KH 5:30pm PEP POD6am Ttl Spin—TW4:15pm Sol Cycle-PL 5:30pm PED POD910111213Columbus