

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

October 2017-Vanguard Gym

Instructors

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------|---|---|--|---------------------------|---|---|
| 1 2pm Yoga | 2 12noon- Spin-WB 5:30pm PEP POD | 3 6am Ttl Spin—TW | 4 12noon-Ttl Spin-KH 5:30pm PEP POD | 5 6am Ttl Spin—TW | 6 4:15pm Sol Cycle-PL 5:30pm PED POD | 7  |
| 8 2pm Yoga | 9 Columbus Day No Classes | 10 6am Ttl Spin—TW | 11 12noon-Ttl Spin-KH 5:30pm PEP POD | 12 6am Ttl Spin—TW | 13 4:15pm Sol Cycle-PL 5:30pm PED POD | 14  |
| 15 2pm Yoga | 16 12noon- Spin-WB 4:15pm Spin-PL 5:30pm PEP POD | 17 6am Ttl Spin—TW 4:15pm Spin-PL | 18 12noon-Ttl Spin-KH 5:30pm PEP POD | 19 6am Ttl Spin—TW | 20 4:15pm Sol Cycle-PL Held @ Solomon Ctr 5:30pm PED POD | 21 Domestic Violence Bike-A-Thon 10am |
| 22 2pm Yoga | 23 12noon- Spin-WB 5:30pm PEP POD | 24 6am Ttl Spin—TW | 25 12noon-Ttl Spin-KH 5:30pm PEP POD | 26 6am Ttl Spin—TW | 27 4:15pm Sol Cycle-PL 5:30pm PED POD | 28 |
| 29 2pm Yoga | 30 12noon- Spin-WB 5:30pm PEP POD | 31 6am Ttl Spin—TW | www.fortjacksonmwr.com/fitness | | | |