

Cynd Hartman

# October 2017-Coleman Gym

*Live Instructor*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00am Wellbeats 5:30pm Wellbeats	3	4 10:00am Wellbeats 5:30pm Wellbeats	5	6 10:00am Wellbeats 5:30pm Wellbeats	7 8:15am-Yoga-CH
8	9 <b>Columbus Day No Classes</b>	10	11 10:00am Wellbeats 5:30pm Wellbeats	12	13 10:00am Wellbeats 5:30pm Wellbeats	14 8:15am-Yoga-CH
15 	16 10:00am Wellbeats 5:30pm Wellbeats	17	18 10:00am Wellbeats 5:30pm Wellbeats	19	20 10:00am Wellbeats 5:30pm Wellbeats	21 <b>Domestic Violence Bike-A-Thon 10am</b>
22	23 10:00am Wellbeats 5:30pm Wellbeats	24	25 10:00am Wellbeats 5:30pm Wellbeats	26	27 10:00am Wellbeats 5:30pm Wellbeats	28 8:15am-Yoga-CH
29	30 10:00am Wellbeats 5:30pm Wellbeats	31	<a href="http://www.fortjacksonmwr.com/fitness">www.fortjacksonmwr.com/fitness</a>			