

Angelita Santiago-AS
 Pamela Sulton-PS
 Harry Williams-HW

October 2017-Knight Pool

Instructors

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>www.fortjacksonmwr.com/fitness</i>	2 10am Aquatics-PS	3	4 5:30pm Ttl Bdy—HW	5 5:30pm Latin in Water—AS	6 10am Aquatics-PS	7
8	9 Columbus Day No Classes	10	11 5:30pm Ttl Bdy—HW	12 5:30pm Latin in Water—AS	13 10am Aquatics-PS	14
15	16 10am Aquatics-PS	17	18 5:30pm Ttl Bdy—HW	19 5:30pm Latin in Water—AS	20 10am Aquatics-PS	21 Domestic Violence Bike-A-Thon 10am
22	23 10am Aquatics-PS	24	25 5:30pm Ttl Bdy—HW	26 5:30pm Latin in Water—AS	27 10am Aquatics-PS	28
29	30 10am Aquatics-PS	31				