

Pam Long—PL
 Angelita Santiago-AS
 Pamela Sulton—PS
 Harry Williams-HW

OCTOBER 2017-ANDY'S GYM



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

Instructors

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 www.fortjacksonmwr.com/fitness	2 4:15pm Circuit—PL 5:30pm Zumba-AS	3 8:30am Rhythm-AS 4:15pm Interval—PL 5:30pm Basics-HW	4 8:30am Sp.. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS 5:30pm-ROW	5 8:30am Sp. Pop-PS 4:15pm T-Bdy-PL	6	7 10am Zumba—HW
8	9 Columbus Day	10 8:30am Rhythm-AS 4:15pm Interval—PL 5:30pm Basics-HW	11 8:30am Sp.. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS 5:30pm-ROW	12 8:30am Sp. Pop-PS 4:15pm T-Bdy-PL	13	14 10am Zumba—HW
15	16 Hiring our Heroes	17 Hiring our Heroes	18 8:30am Sp.. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS 5:30pm-ROW	19 8:30am Sp. Pop-PS 4:15pm T-Bdy-PL	20	21 Domestic Violence Bike-A-Thon 10am
22	23 4:15pm Circuit—PL 5:30pm Zumba-AS	24 8:30am Rhythm-AS 4:15pm Interval—PL 5:30pm Basics-HW	25 8:30am Sp.. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS 5:30pm-ROW	26 8:30am Sp. Pop-PS 4:15pm T-Bdy-PL	27	28 10am Zumba—HW
29	30	31 8:30am Rhythm-AS 4:15pm Interval—PL 5:30pm Basics-HW				