

TyKisha Dixon—TD
Pam Long—PL
Angelita Santiago-AS
Beverly Seante-BS
Pamela Sulton-PS
Harry Williams-HW

Instructors

January 2020-Andy's Aerobics

Quote: "Exercise...The new **Lifestyle** must have!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
jacksonarmywmw.com/us/jackson/programs/fitness				2 4pm Old Skl Cardio-PL 5:30pm Mixxed Fit- BS	3 4:15pm Soul Cycle @ Vanguard Gym—PL	4 10am Zumba-HW
	5 BL 9am-Noon 4pm FF Circuit—PL 5:30pm BL Zumba-TD	6 8:30am Rhythms-BS 4pm Interval—PL 5:30pm Mix Fit-BS	7 4:15pm Step- PL 5:30pm Zumba-HW	8 4pm Old Skl Cardio-PL 5:30pm Mix Fit BL- BS	9 4:15pm Soul Cycle @ Vanguard Gym—PL	10 9am BL Walk 10am Zumba- HW
	11 4pm FF Circuit—PL 5:30pm BL Zumba-TD	12 8:30am Rhythms-BS 4pm Interval—PL 5:30pm Mix Fit-BS	13 4:15pm Step- PL 5:30pm Zumba-HW	14 4pm Old Skl Cardio-PL 5:30pm Mix Fit BL- BS	15 4:15pm Soul Cycle @ Vanguard Gym—PL	16 9am BL Walk 10am Zumba- HW
	17 MLK Bike Ride/Walk 8am Marion St. Station	18 8:30am Rhythms-BS 4pm Interval—PL 5:30pm Mix Fit-BS	19 4:15pm Step- PL 5:30pm Zumba-HW	20 4pm Old Skl Cardio-PL 5:30pm Mix Fit BL- BS	21 4:15pm Soul Cycle @ Vanguard Gym—PL	22 9am BL Walk 10am Zumba- HW
	23 4pm FF Circuit—PL 5:30pm BL Zumba-TD	24 8:30am Rhythms-BS 4pm Interval—PL 5:30pm Mix Fit-BS	25 4:15pm Step- PL 5:30pm Zumba-HW	26 4pm Old Skl Cardio-PL 5:30pm Mix Fit BL- BS	27 4:15pm Soul Cycle @ Vanguard Gym—PL	28 <i>Fitness membership required to participate in classes. Join us today!</i>