

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

Instructors

January 2020— Knight Pool

Quote: “Exercise...The new **Lifestyle** must have!”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
jackson.armymwr.com/us/jackson/programs/fitness				2	3 10am Aquatics—PS	4
	5 10am Aquatics—PS	6	7	8	9	10 10am Aquatics—PS
	11 	12	13 10am Aquatics—PS	14	15	16
	17 10am Aquatics—PS	18	19	20 MLK Bike Ride/Walk 8am Marion St. Station	21	22
	23 10am Aquatics—PS	24	25	26	27 10am Aquatics—PS	28
29	30	31 10am Aquatics—PS	<i>Fitness membership required to participate in classes. Join us today!</i>			