

Pam Long—PL
Alicia Pena-AP
Harry Williams-HW

January 2020-Vanguard Gym

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

Instructors

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2	3 4:15pm Soul Cycle—PL	4
5 	6	7 6am Total Spin—AP	8 <i>Fitness membership required to participate in classes. Join us today!</i>	9 6am Total Spin—HW	10 4:15pm Soul Cycle—PL	11
12	13	14 6am Total Spin—AP	15	16 6am Total Spin—HW	17 4:15pm Soul Cycle—PL	18
19	20 MLK Bike Ride/Walk 8am Marion St. Station	21 6am Total Spin—AP	22	23 6am Total Spin—HW	24 4:15pm Soul Cycle—PL	25
26	27	28 6am Total Spin—AP	29	30 6am Total Spin—HW	31 4:15pm Soul Cycle—PL	

jackson-armymwr.com/us/jackson/programs/fitness