

Pam Greene-PG Cynd Hartman-CH
 Pamela Sulton-PS Mike Simmons-MS
 Chris Siau-CS Charlena Truitt-CT
 Anna Viviano-AV Harry Williams-HW
 Cheryl Woodhouse-CW

JANUARY 2012- ANDY'S GYM

INSTRUCTORS

QUOTE: "EXERCISE YOUR RIGHT TO A HEALTHIER BODY"

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 4:15pm KettleBell/PG	3 8:30am Special Pop./PS 4:15pm CardioBox/PG 5:30pm S&S AV 6:30pm Soul Line/C&C	4 8:30am Special Pop/PS 4:15pm Step/PG 5:30pm BOSU/CS	5 8:30am Special Pop/PS 4:15pm Resistance/PG 5:30pm Zumba/PG	6 4:15pm Old Skl Cardio/PG 6:15pm Soul Line/C&C	7 8:15am Yoga/CH 10am Zumba/HW	
8	9 4:15pm KettleBell/PG 5:30pm AGT/CS	10 8:30am Special Pop./PS 4:15pm CardioBox/PG 5:30pm S&S AV 6:30pm Soul Line/C&C	11 8:30am Special Pop/PS 4:15pm Step/PG 5:30pm BOSU/CS	12 8:30am Special Pop/PS 4:15pm Resistance/PG 5:30pm Zumba/PG	13 4:15pm Old Skl Cardio/PG 6:15pm Soul Line/C&C	14 8:15am Yoga/CH 10am Zumba/HW	
15	16 MLK Bike Ride 8am @ Outdoor Recreation	17 8:30am Special Pop./PS 4:15pm CardioBox/PG 5:30pm S&S AV 6:30pm Soul Line/C&C	18 8:30am Special Pop/PS 4:15pm Step/PG 5:30pm BOSU/CS	19 8:30am Special Pop/PS 4:15pm Resistance/PG 5:30pm Zumba/PG	20 4:15pm Old Skl Cardio/PG 6:15pm Soul Line/C&C	21 8:15am Yoga/CH 10am Zumba/HW	
22	23 4:15pm KettleBell/PG 5:30pm AGT/CS	24 8:30am Special Pop./PS 4:15pm CardioBox/PG 5:30pm S&S AV 6:30pm Soul Line/C&C	25 8:30am Special Pop/PS 4:15pm Step/PG 5:30pm BOSU/CS	26 8:30am Special Pop/PS 4:15pm Resistance/PG 5:30pm Zumba/PG	27 4:15pm Old Skl Cardio/PG 6:15pm Soul Line/C&C	28 8:15am Yoga/CH 10am Zumba/HW	
29	30 4:15pm KettleBell/PG 5:30pm AGT/CS	31 8:30am Special Pop./PS 4:15pm CardioBox/PG 5:30pm S&S AV 6:30pm Soul Line/C&C	WWW.FORTJACKSONMWR.COM/FITNESS				