

Cortez Benson-CB  
 Alecia Porter-AP  
 Pamela Sulton-PS  
 Harry Williams-HW

# January 2012- Knight Pool

*Quote: "Exercise your right to a better body"*

*Instructors*

	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9&10am Seniors/PS 5:30pm Cardio/AP	3 12pm WTU/PS	4 5:30pm Ttlbdy/HW	5 12pm WTU/PS 5:30pm Latin/CB	6 9&10am Seniors/PS	7
8	9 9&10am Seniors/PS 5:30pm Cardio/AP	10 12pm WTU/PS	11 5:30pm Ttlbdy/HW	12 12pm WTU/PS 5:30pm Latin/CB	13 9&10am Seniors/PS	14
15	16 <b>Dr. Martin Luther King Day No Class</b>	17 12pm WTU/PS	18 5:30pm Ttlbdy/HW	19 12pm WTU/PS 5:30pm Latin/CB	20 9&10am Seniors/PS	21
22	23 9&10am Seniors/PS No Class	24 12pm WTU/PS	25 5:30pm Ttlbdy/HW	26 12pm WTU/PS 5:30pm Latin/CB	27 9&10am Seniors/PS	28
29	30 9&10am Seniors/PS 5:30pm Cardio/AP	31 12pm WTU/PS	<i>www.fortjacksonmwr.com/fitness</i>			