

Cortez Benson-CB  
 Pearl Gordon-Green-PG  
 Mike Simmons-MS  
 Chris Siau-CS  
 Althea Stewart-AS  
 Anna Viviano-AV  
 Harry Williams-HW

# February 2012-Vanguard Gym

Quote: "We must become the change we want to see"

**Instructors**

| Mon | Tue  | Wed  | Thu   | Fri   | Sat  |    |
|-----|--|--|---|---|--|----|
|     |  | 1<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/AV | 2<br>5:45am/ TRXAV<br>5:30pm Long Ride/Harry                    | 3<br>5:45am Spin & pump/<br>Chris<br>5:30pm TRX Flex/CH | 4  |    |
| 5   | 6<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/CB<br>5:30pm Spin & Pump/PG  | 7<br>5:45am TRX/AV<br>5:30pm Long Ride/AS                      | 8<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/AV  | 9<br>5:45am/ TRXAV<br>5:30pm Long Ride/Pearl            | 10<br>5:45am Spin & pump/<br>Chris<br>5:30pm TRX Flex/CH | 11 |
| 12  | 13<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/CB<br>5:30pm Spin & Pump/PG | 14<br>5:45am TRX/AV<br>5:30pm Long Ride/AS                     | 15<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/AV | 16<br>5:45am/ TRXAV<br>5:30pm Long Ride/Harry           | 17<br>5:45am Spin & pump/<br>Chris<br>5:30pm TRX Flex/CH | 18 |
| 19  | 20<br><b>President's<br/>Day</b>   | 21<br>5:45am TRX/AV<br>5:30pm Long Ride/AS                     | 22<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/AV | 23<br>5:45am/ TRXAV<br>5:30pm Long Ride/Pearl           | 24<br>5:45am Spin & pump/<br>Chris<br>5:30pm TRX Flex/CH | 25 |
| 26  | 27<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/CB<br>5:30pm Spin & Pump/PG | 28<br>5:45am TRX/AV<br>5:30pm Long Ride/AS                     | 29<br>5:45am Circuit Ride/CS<br>12noon Spin/MS<br>5:30pm TRX/AV |   |  |    |

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