

Cynd Hartman—CH  
Pam Long-PL  
Angelita Santiago-AS  
Pamela Sulton-PS  
Harry Williams-HW

# December 2016— Coleman Gym

**Quote: “Your only limit is YOU!”**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<a href="http://www.fortjacksonmwr.com/fitness">www.fortjacksonmwr.com/fitness</a>				<i>1</i>  8:30am Sp. Pop-PS 4:15pm Ttl body-PL	<i>2</i>  	<i>3</i>  8:15am Yoga-CH 10am Zumba-HW
	<i>4</i>  <b>Merry Fitness</b> <b>Solomon Center</b> <b>4:30pm—7pm</b>	<i>6</i>  8:30am Sp. Pop-PS 5:30pm Basics-HW	<i>7</i>  8:30am Sp.. Pop-PS 4:15pm Yoga-PL 5:30pm Zumba-AS	<i>8</i>  8:30am Sp. Pop-PS 4:15pm Ttl body-PL	<i>9</i>  	<i>10</i>  8:15am Yoga-CH 10am Zumba-HW
	<i>11</i>  5:30pm Zumba-AS	<i>12</i>  5:30pm Zumba-AS	<i>13</i>  8:30am Sp. Pop-PS 5:30pm Basics-HW	<i>14</i>  8:30am Sp.. Pop-PS 4:15pm Yoga -PL 5:30pm Zumba-AS	<i>15</i>  8:30am Sp. Pop-PS 4:15pm Ttl body-PL	<i>16</i>  
	<i>18</i>  5:30pm Zumba-AS	<i>19</i>  5:30pm Zumba-AS	<i>20</i>  8:30am Sp. Pop-PS 5:30pm Basics-HW	<i>21</i>  8:30am Sp.. Pop-PS 4:15pm Yoga -PL 5:30pm Zumba-AS	<i>22</i>  8:30am Sp. Pop-PS 4:15pm Ttl body-PL	<i>23</i>  
	<i>25</i>  5:30pm Zumba-AS	<i>26</i>  5:30pm Zumba-AS	<i>27</i>  8:30am Sp. Pop-PS 5:30pm Basics-HW	<i>28</i>  8:30am Sp.. Pop-PS 4:15pm Yoga -PL 5:30pm Zumba-AS	<i>29</i>  8:30am Sp. Pop-PS 4:15pm Ttl body-PL	<i>30</i>  