

SPINNING @ VANGUARD-APRIL 2010

QUOTE: "AN EXCELLENT WAY TO LOSE WEIGHT IS BY SKIPPING...SNACKS AND DESSERTS"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WWW.FORTJACKSONMWR.COM				1 6pm Long Ride/Harry	2 5:45am Spin & pump/CS 12pm Circuit Ride/TM	3
4	5 5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/TM	6 6pm Long Ride/TM	7 5:45am Mrning Spin/CS 12pm Circuit Ride/CS	8 6pm Long Ride/Pearl	9 5:45am Spin & pump/CS 12pm Circuit Ride/TM	10
11	12 5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/TM	13 6pm Long Ride/TM	14 5:45am Mrning Spin/CS 12pm Circuit Ride/CS	15 6pm Long Ride/Harry	16 5:45am Spin & pump/CS 12pm Circuit Ride/TM	17
18 <i>You must be a paying member of aerobics to participate in any classes</i>	19 5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/TM	20 6pm Long Ride/TM	21 5:45am Mrning Spin/CS 12pm Circuit Ride/CS	22 6pm Long Ride/Pearl	23 5:45am Spin & pump/CS 12pm Circuit Ride/TM	24
25	26 5:45am Morning Spin/CS 12pm Circuit Ride/CS 6pm Spin & Pump/TM	27 6pm Long Ride/TM	28 5:45am Mrning Spin/CS 12pm Circuit Ride/CS	29 6pm Long Ride/Harry	30 5:45am Spin & pump/CS 12pm Circuit Ride/TM	