February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1	
					9:00a Silver Sneakers Cardio/Line Dance	- 9:00a Step	
						10:15a Weights&Cardio	
						11:15a Yoga	
		1			7		
CUSTOMER APPRECATION DAY	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Zumba Gold	9:00a Zumba	
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit		10:15a Weights&Cardio	
Yebruary 4th, 2019 Try Belly Dancing with Vel at 6:30pm bring friends & family.		6:00p Spin	5:30p Step	6:00p Turbo kickboxing		11:15a Yoga	
FREE ALL DAY!!!	6:30p Belly Dancing	7:00p Zumba	6:30p Turbokickboxing				
10 10	1	12	13	3	4	5	1
Gym Hours	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit/	8:00a Silver Sneakers/Cardio	HAPPY VALENTINE DAY	9:00a Silver Sneakers Cardio/Line Dance	9:00a Step	
Mo - Th : 4am to 10pm	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit		10:15a Weights&Cardio	
Fri: 4am to 8pm Sat: 8am -4 pm	5:30p Zumba 6:45p Bootcamp	6:00p Spin	5:30p Zumba 6:30p HITT/Core	6:00p Turbo kickboxing		11:15a Yoga	
Sun: 1pm -5pm							
17	18	3	<u>2(</u>	<u>2</u>	129:00a Silver Sneakers Zumba		2
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit/	8:00a Silver Sneakers/Cardio		Gold	9:00a Zumba	
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit		11:15a Yoga	
	5:30p Zumba	6:00p Spin	5:30p Step	6:00p Turbo kickboxing			
	6:45p PX90	7:00p Zumba	6:30 Turbokickboxing				
24	25	5	27	7	8	9	3
CHECK OUT Turbo	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers	8:00a Silver Sneakers/Cardio				
Kickboxing on Thursdays Fat blasting cardio workout	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit			
that is a mix of kickboxing	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p Turbo kickboxing			
	6:45p Bootcamp		6:30p HITT/Core				
Gotta check it out							
Try our new HITT mixed with Core on Wednesdays ! A mixture of cardio while you	If you like bootcamps or want to try somehting different, please come check out our bootcamp classes. Its	Does This Sound Familiar	DID YOU KNOWEating 5 to 6 small meals increases your metabolism			2A's Trainers Can Help Y	⁷ 011
					Also new time for the 30/30 class is at 10.15 am cardio /weights	Slim Down	
		y meal >You don't feel like exercising				C Add Muscle ~	
		later >The result: Weight Gain!				All you need to do is ask	



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