October 2018

2A FITNESS
"Montgomery's Best Kept Secret"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
In Honor of Breast Cancer Awareness Month! Show your support by wearing pink or your Breast Cancer Paraphernalia (ex.logos, pins, headbands, socks ect.)	8:00a Silver Sneakers/Cardio		8:00a Silver Sneakers/Cardio			9:00a Zumba
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers Zumba	9:00a Silver Sneakers Zumba Gold	10:15a Weights&Cardio
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p DANCE OFF CANCER Wear your Pink!!!		11:15a Yoga
	6:45p PX90	7:00p Zumba	6:30p Turbokickboxing			
7	8	9	10	11	12	13
CUSTOMER APPRECATION DAY	8:00a Silver Sneakers/Cardio		8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Cardio/Line Dance	9:00a Step
October 1st, 2018 bring friends & family.	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit		11:15a Yoga
FREE ALL DAY!!!	5:30p ZUMBA IN PINK	6:00p Spin	5:30p PINK IT OUT STEP	6:00p Turbo kickboxing		
	6:45p Circuit	7:00p Mixxed Fit/Hip Hop Dance	6:30p HITT/Core			
14	15	16	17	18	19	20
Gym Hours	8:00a Silver Sneakers/Cardio		8:00a Silver Sneakers/Cardi		9:00a Silver Sneakers Zumba PINK	9:00a Zumba
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	5:30p Zumba	6:00p RIDE IN PINK SPIN	5:30p Step	6:00p Turbo kickboxing		11:15a Yoga
Sat: 8am -4 pm	6:45p PX90	7:00p ZUMBA PINK	6:30p Turbokickboxing			
Sun: 1pm -5pm						
21	22	23	24	25	26	27
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00a Silver Sneakers/Cardio		8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Cardio/Line Dance Pink	9:00a Step
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00 a Silver Sneakers/Circuit		11:15a Yoga
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p Turbo kickboxing		
	6:45p Circuit	7:00p Mixxed Fit/Hip Hop Dance	6:30p HITT/Core			
28	29	30	31			
CHECK OUT Turbo Kickboxing on Thursdays Fat blasting cardio workout that is a mix of kickboxing and simple dance grooves! Gotta check it out	8:00a Silver Sneakers/Cardio		8:00a Silver Sneakers/Cardio			
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio			
	5:30p Zumba	6:00p Spin	5:30p HALLO Zumba			
	6:45p PX90	7:00p Mixxed Fit/Hip Hop Dance	6:30p SPOOKY Turbokickboxing			
Try our new HITT mixed with Core on Wednesdays ! A mixture of cardio while you still hit the core and abs!		Does This Sound Familiar... >Skipping Meals >Eat more than usual on next meal >You don't feel like exercising later >The result: Weight Gain!	DID YOU KNOW…Eating 5 to 6 small meals increases your metabolism	There are now TWO SILVER SNEAKER CLASSES ON MONDAY AND WEDNESDAY'S A 8:00 AM AND 9:00AM	Also new time for the 30/30 class is at 10:15 am cardio /weights	2A's Trainers Can Help You Slim Down Tone Up Add Muscle All you need to do is ask