# January 2019

2A FITNESS
"Montgomery's Best Kept Secret"

(PH): 334-356-9260 (FAX): 334-239-7116

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| | | HAPPY NEW YEAR! | 8:00a Silver Sneakers/Cardio | 9:00a Silver Sneakers/Circuit | 9:00a Silver Sneakers Zumba | 9:00a Step |
| | | | 9:00a Silver Sneakers/Cardio | 6:00p Turbo Kickboxing | | 11:15a Yoga |
| | | GYM CLOSED | 5:30p Zumba | | | |
| | | | 6:30p HITT/Core | | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| CUSTOMER APPRECATION DAY | 8:00a Silver Sneakers/Cardio | 8:00a Silver Sneakers/Circuit | 8:00a Silver Sneakers/Cardio | | 9:00a Silver Sneakers Cardio/Line Dance | 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 |
| January 7th, 2019 Try Belly Dancing with Vel at 6:30pm bring friends & family. | 5:30p Zumba | 6:00p Spin | 5:30p Step | 6:00p Turbo kickboxing | | 11:15a Yoga |
| FREE ALL DAY!!! | 6:45p Belly Dancing | 7:00p Zumba | 6:30p Turbokickboxing | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Gym Hours | 8:00a Silver Sneakers/Cardio | 8:00a Silver Sneakers/Circuit/ | 8:00a Silver Sneakers/Cardio | | 9:00a Silver Sneakers Zumba | 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 | 5:30p Zumba | 6:00p Spin | 5:30p Zumba | 6:00p Turbo kickboxing | | 11:15a Yoga |
| Sat: 8am -4 pm | 6:45p Bootcamp | | 6:30p HITT/Core | | | |
| Sun: 1pm -5pm | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Kid Fit Hours | 8:00a Silver Sneakers/Cardio | 8:00a Silver Sneakers/Circuit/ | 8:00a Silver Sneakers/Cardio | | 9:00a Silver Sneakers Cardio/Line Dance | 9:00a Zumba |
| Mo - Fri: 4pm - 8pm | 9:00a Silver Sneakers/Cardio | 9:00a Silver Sneakers/Circuit | 9:00a Silver Sneakers/Cardio | 9:00a Silver Sneakers/Circuit | | 11:15a Yoga |
| Sat: 9am - 12pm | 5:30p Zumba | 6:00p Spin | 5:00p Step | 6:00p Turbo kickboxing | | |
| Sun: No Kid Fit | 6:45p PX90 | 7:00p Zumba | 6:30 Turbokickboxing | | | |
| 27 | 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 | 8:00a Silver Sneakers/Cardio | | | |
| | 9:00a Silver Sneakers/Cardio | 9:00a Silver Sneakers/Circuit | 9:00a Silver Sneakers/Cardio | 9:00a Silver Sneakers/Circuit | | |
| | 5:30p Zumba | 6:00p Spin | 5:30p Zumba | 6:00p Turbo kickboxing | | |
| | 6:45p Bootcamp | | 6:30p HITT/Core | | | |
| | 31 | | | | | |
| Try our new HITT mixed with Core on Wednesdays ! A mixture of cardio while you still hit the core and abs! | If you like bootcamps or want to try somehting different, please come check out our bootcamp classes. Its not just a workout but you will gain informational on how to live a healthy lifestyle. | Does This Sound Familiar...<br>>Skipping Meals<br>>Eat more than usual on next meal<br>>You don't feel like exercising later<br>>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, TUESDAY AND WEDNESDAY'S @ 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<br>Slim Down<br>Tone Up<br>Add Muscle<br>All you need to do is ask |