November 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
					8:00a Silver Sneakers Circuit	9:00a Step
					9:00a Silver Sneakers Zumba Gold	10:30a Weights&Cardio
3	4	5	6	7	8	9
CUSTOMER APPRECATION DAY	8:00a Silver Sneaker/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers Circuit	9:00a Zumba
November 4th Bring Friends & Family Everyone is welcome!	9:00a Silver Sneaker/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers Cardio/Line Dance	10:30a Silver Sneakers Circuit
Free all day	5:30p Zumba	6:00p Spin	5:30p Step	6:00p Spin		11:15a Yoga
		7:00p Zumba	6:30p HITT/Core			
10	11	12	13	14	15	16
New Gym Hours Mo - Th : 4am to 10pm Fri: 4am to 8pm Sat: 8am -4 pm Sun: 1pm -5pm	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a SilverSneakers Ciruit	9:00a Step
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers Cardio/Line Dance	10:30a Weights&Cardio
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p P90X		
		7:00p Zumba	6:30p Turbokickboxing			
17	18	19	20	21	22	23
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	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers Circuit	9:00a Zumba
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers Cardio/Line Dance	10:30a Silver Sneakers Circuit
	5:30p Zumba	6:00p Spin	5:30p Step	6:00p Spin		11:15a Yoga
		7:00p Zumba	6:30p HITT/Core			
24	25	26	27	28	29	30
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/Circuit	8:00a Silver Sneakers/Cardio	GYM CLOSED	No Classes!	9:00a Step
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio			10:30a Silver Sneakers Circuit
	5:30p Zumba	6:00p Spin				
		7:00p Zumba	No Evening Classes!			
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... >Skipping Meals >Eat more than usual on next meal >You don't feel like exercising later >The result: Weight Gain! >Break the cycle, eat healthy meals all day	DID YOU KNOW…Eating 5 to 6 small meals increases your metabolism	There are now TWO SILVER SNEAKER CLASSES ON MONDAY AND WEDNESDAY'S @8:00 AM AND 9:00AM	Also new time for the 30/30 class is at 10:30 am cardio /weights	2A's Trainers Can Help You All you need to do is ask!