March 2018

2A FITNESS
"Montgomery's Best Kept Secret"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					9:00a Silver Sneakers Seniors/Yoga-Marlene	9:00a Zumba- Dora
				9:00a Silver Sneakers/Circuit - Sharon		10:15 a Weights&Cardio-Shirley
				6:00p Turbo kickboxing-Zelva		11:15 a Yoga- Frank
4	5	6	7	8	9	10
CUSTOMER APPRECATION DAY March 5, 2018 bring friends/family Free open to Everyone! We will be stepping it up with Dora@6:30p	8:00 a Silver Sneaker/Cardio-Sharon		8:00a Silver Sneakers/Cardio-Marlene		9:00a Silver Sneakers Seniors/Yoga-Marlene	9:00 a Mixxed Fit/Hip Hop Dance-Coach Q
	9:00a Silver Sneaker/Cardio-Sharon	9:00a Silver Sneakers/Circuit-Marlene	9:00a Silver Sneakers/Cardio - Marlene	9:00a Silver Sneakers/Circuit - Sharon		11:15a Yoga- Frank
	5:30p Zumba- De'One	6:00p Spin - Shirley	5:30p Zumba - Dora	6:00p Turbo kickboxing-Zelva		
	6:30p Steps-Dora	7:00p Mixxed Fit/Hip Hop Dance -CoachQ	6:30p Turbokickboxing-Zelva			
11	12	13	14	15	16	17
New Gym Hours Day Light Saving Time Mo - Th : 4am to 10pm Fri: 4am to 8pm Sat: 8am -4 pm Sun: 1pm -5pm	8:00a Silver Sneakers/Cardio-Sharon		8:00a Silver Sneakers/Cardio-Marlene		9:00a SilverSneakers /Seniors-Yoga- Marlene	9:00a Zumba-Dora
	9:00a Silver Sneakers/Cardio - Sharon	9:00a Silver Sneakers/Circuit-Marlene	9:00a Silver Sneakers/Cardio - Marlene	9:00a Silver Sneakers/Circuit-Sharon		10:15a Weights&Cardio-Shirley
	5:30p Zumba- De'One	6:00p Spin - Shirley	5:30p Zumba - Dora	6:00p Turbo kickboxing-Zelva		11:15 a Yoga- Frank
	6:45p Circuit-Shirley	7:00p Zumba- Camille	6:30p HITT/Core-Shirley			
18	19	20	21	22	23	24
Kid Fit Hours Mo - Fri: 9am - 12pm Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00 a Silver Sneakers/Cardio-Sharon		8:00a Silver Sneakers/Cardio-Marlene		9:00a Silver Sneakers /Zumba Gold -Sharon	9:00a Zumba - Dora
	9:00a Silver Sneakers/Cardio - Sharon	9:00a Silver Sneakers/Circuit-Marlene	9:00a Silver Sneakers/Cardio - Marlene	9:00 a Silver Sneakers/Circuit-Sharon		11:15a Yoga- Frank
	5:30p Zumba - De'One	6:00p Spin - Shirley	5:30p Zumba - Dora	6:00p Turbo kickboxing-Zelva		
	6:45p PX90-Zelva	7:00p Mixxed Fit/Hip Hop Dance-CoachQ	6:30p Turbokickboxing-Zelva			
25	26	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	8:00 a Silver Sneakers/Cardio-Sharon		8:00a Silver Sneakers/Cardio-Marlene	9:00 a Silver Sneakers/Circuit-Sharon	9:00a Silver Sneakers/Seniors-Yoga-Marlene	9:00a Zumba- Dora
	9:00a Silver Sneakers/Cardio - Sharon	9:00a Silver Sneakers/Circuit-Marlene	9:00 a Silver Sneakers/Cardio-Marlene	6:00p Turbo kickboxing-Zelva		11:15a Yoga- Frank
	5:30p Zumba- De'One	6:00p Spin - Shirley	5:30p Zumba - Dora			
	6:45p Circuit-Shirley	7:00p Zumba- Camille	6:30p HITT/Core-Shirley			
Try our new HITT mixed with Core on Wednesdays ! A mixture of cardio while you still hit the core and abs!	TRY YOGA! Feel like you are stress and need to relax or tight muscles and need to stretch. Come Check out Frank on Saturday's at 11:15 am. 	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 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