


## July 2019



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

SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
	1	2	3	4	5	6
	8:00am Silver Sneaker/Cardio	8:00am Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Cardio/Line Dance	9:00a Zumba
	9:00 a Silver Sneaker/ Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio			10:15 a Weights&Cardio
	5:30p Zumba	6:00p Spin	5:30p Zumba			
	6:45p Bootcamp	7:00p Zumba	6:30p HITT/Core	GYM CLOSED		11:15a Yoga
7	8	9	10	11	12	13
CUSTOMER APPRECIATION DAY	8:00a Silver Sneaker/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Zumba Gold	9:00a Step
July 1st Try Boot Camp @6:45p Bring friends/family	9:00a Silver Sneaker/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	6:00p Spin	5:30p Step	6:00p Spin		
		7:00p Zumba	6:30p Turbokickboxing			
14	15	16	17	18	19	20
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		9:00a SilverSneakers /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
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p P90X		11:15 a Yoga
	6:45p Bootcamp	7:00p Zumba	6:30p HITT/Core			
21	22	23	24	25	26	27
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00 a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Cardio/Line Dance	9:00a Step
	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 Spin		
		7:00p Zumba	6:30p Turbokickboxing			
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	8:00a Silver Sneakers/Circuit	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 Zumba			
	6:45p Bootcamp	7:00p Zumba	6:30p HITT/Core			
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 10:15 am cardio /weights	★ 2A's Trainers Can Help You
						All you need to do is ask!