April 2019

2A FITNESS
"Montgomery's Best Kept Secret"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	8:00a Silver Sneakers/Cardio	8:00 a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit		9:00a SilverSneakers Zumba Gold	9:00a Zumba
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/ Circuit	9:00a Silver Sneakers/Circuit		10:15a Weights&Cardio
	5:30 p Zumba	6:00 Spin	5:30p Step	6:00p Turbo kickboxing		11:15 a Yoga
	6:45p Belly Dancing	7:00p Zumba	6:30p Turbokickboxing			
7	8	9	10	11	12	13
CUSTOMER APPRECATION DAY	8:00a Silver Sneakers/Cardio	8:00 a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio		9:00a Silver Sneakers Cardio/Line Dance	9:00 a Step
April 1 Try Belly Dancing with Vel at 6:45p bring a friend /Free open to Everyone!	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit		11:15a Yoga
Friends are free all day	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p Spin		
	6:45p Bootcamp		6:30p HITT/Core			
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	8:00 a 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 Step	6:00p Turbo kickboxing		11:15a Yoga
	6:45p Belly Dancing	7:00p Zumba	6:30p Turbokickboxing			
21	22	23	24	25	26	27
/Kid Fit Hours Mo - Fri: 9am - 12pm 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		9:00 a Silver Sneakers Cardio/Line Dance	9:00aStep
	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 Spin		11:15 a Yoga
	6:45p Bootcamp		6:30p HITT/Core			
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				
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit				
	5:30p Zumba	6:00p Spin				
	6:45p Bootcamp	7:00p Zumba				
Try our new HITT mixed with Core on Wednesdays ! A mixture of cardio while you still hit the core and abs!	If you like BootCamp.You want to try something different. Please check out the Bootcamp. Not just workouts but informational class on 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!	DID YOU KNOW…Eating 5 to 6 small meals increases your metabolism	There are now Two SILVER SNEAKER CLASSES ON MONDAY,TUESDAY'S WEDNESDAY'S A 8:00 AM AND 9:00AM	Members New Spin Class on Thursdays with Zelva on April 11 and April 25, 2019	2A's Trainers Can Help You Slim Down Tone Up Add Muscle All you need to do is ask
	check it out. Experience the NEW					