## December 2020



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

			"Montgomery's Best Kept Secret"			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					4	
		8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneaker/Circuit	8:00a Silver Sneaker/Boom	9:30a Weights/Cardio
		5:30p Spin		6:30p Xtreme Step		
		6:30p Xtreme Step				
	<b>6 7</b>			9	2	12
Member APPRECATION DAY	8:00a Silver Sneakers/Line Dance	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Zumba	9:30a Weights/Cardio
Bring Friends & Family Everyone is welcome!	5:30p Zumba	5:30p Spin		6:30p Xtreme Step		
Free all day	6:30p Xtreme Step  *Member Appreciation Day*	6:30p Xtreme Step				
	3	4 5		2	7	40
New Gym Hours Mo - Th : 4am to 10pm	8.00a Silver Sneakers/Line	8:00a Silver Sneakers/Circuit		8:00a Silver Sneakers/Circuit		9:30a Weights/Cardio
Fri: 4am to 8pm Sat: 8am -4 pm Sun: 1pm -5pm	5:30p Zumba	5:30p Spin 6:30p Xtreme Step		6:30p Xtreme Step		
2	0 21	22	<u>2</u> ;	<u>24</u>	<u>4</u> <u>25</u>	26
Kid Fit Hours	No Classes	No Classes	No Classes	No Classes	Gym Closed	No Classes
Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit					Thustwest	
<b>27 28</b>		29	3(	3		
	No Classes	No Classes	No Classes	No Classes		
If you like STEP come check out XTREME STEP! A fun Hip Hop class!  Tuesday & Thursday @6:30p					new year	
Coach Q						
HEALTH FIRST	Mandated by State of Alabama				2A's Trainers Can Help You	
SOCIAL DISTANCING  * 6" OF SPACE FROM OTHERS  * MINIMIZE CLOSE CONTACT  * NO HANDSHAKES  * WASH HANDS FREQUENTLY  THE TOTAL MINIMIZE CLOSE FROM OTHERS  * MINIMIZE CLOSE CONTACT	FACE MASS	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		Enjoy working out with others? Our exercise classes for older adults are taught by SilverSneakers instructors who will help make sure you're supported every step of the way.		Classes will resume on January 4, 2021
					All you need to do is ask!	