February 2020



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

			lontgomery's Best Kept Secret"			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 1
						9:00a Zumba
						10:30a Weights&Cardio
2		4	5	<u>6</u>		8
MEMBER APPRECATION DAY	8:00a Silver Sneaker/Boom	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers Circuit	9:00a Step
February 3rd Bring Friends & Family Everyone is welcome!	9:00a Silver Sneaker/Boom	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers Zumba Gold	10:30a Silver Sneakers Circuit
Free all day	5:30p Zumba	6:00p Spin 7:00p Zumba	5:30p Zumba 6:30p Turbokickboxing	6:00p P90X		11:15a Yoga
9	10	11	12	13	14	15
New Gym Hours Mo - Th : 4am to 10pm Fri: 4am to 8pm Sat: 8am -4 pm Sun: 1pm -5pm	8:00a Silver Sneakers/Boom	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a SilverSneakers Ciruit	9:00a Zumba
	9:00a Silver Sneakers/Boom	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 7:00p Zumba	5:30p Step 6:30p HITT/Core	6:00p Spin	happy • Valentine's • day •	
16	17	7 18	<u>19</u>	20	21	22
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00a Silver Sneakers/Boom	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/ Circuit	9:00a Step
	9:00a Silver Sneakers/Boom	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/ Zumba Gold	10:30a Silver Sneakers Circuit
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p P90X		11:15a Yoga
		7:00p Zumba	6:30p Turbokickboxing			
23 25			26	27	28	29
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/Boom	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/ Circuit	9:00a Zumba
	9:00a Silver Sneakers/Boom	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/ Cardio Line Dance	10:30a Silver Sneakers Circuit
	5:30p Zumba	6:00p Spin	5:30p Step	6:00p Spin		
		7:00p Zumba	6:30p HITT/Core			
	goals. Lets move!	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 KNOWEating 5 to 6 small meals increases your metabolism	New Silver Sneakers BOOM exercise class! (Muscle, Move it, and Mind)	2A's Trainers Can Help You	
Try our HITT mixed with Core on Wednesdays! A mixture of cardio while you still hit the core and abs!					All you need to do is ask!	