January 2021

					HAPPY NEW YEAR!!	9:30a Weights/Cardio
					GYM CLOSED	
	3	J	5	7		8
Member APPRECATION DAY	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Zumba	9:30a Weights/Cardio
ring Friends & Family Everyone is welcome!	5:30p Zumba	5:30p Spin		6:30p Xtreme Step		
Free all day	6:30p Xtreme Step	6:30p Xtreme Step				
rice an uay	*Member Appreciation Day*					
	0	12	2	14	15	5
New Gym Hours	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a SilverSneakers/Boom	9:30a Weights/Cardio
Io - Th : 4am to 10pm Fri: 4am to 8pm	5:30p Zumba	5:30p Spin		6:30p Xtreme Step		
Sat: 8am -4 pm Sun: 1pm -5pm		6:30p Xtreme Step				
	7	3	<u>20</u>	<u>21</u>	22	2
Kid Fit Hours Mo - Fri: 4pm - 8pm	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Boom	9:30a Weights/Cardio
	5:30p Zumba	5:30p Spin		6:30p Xtreme Step		
Sat: 9am - 12pm Sun: No Kid Fit		6:30p Xtreme Step				
			5	28	29	9
2	25	5 26				
	8:00a Silver Sneakers/Circuit		8:00a Silver Sneakers/Cardio			9:30a Weights/Cardio
ou like STEP come check out EME STEP! A fun Hip Hop	8:00a Silver Sneakers/Circuit		8:00a Silver Sneakers/Cardio			9:30a Weights/Cardio
ou like STEP come check out EME STEP! A fun Hip Hop class! esday & Thursday @6:30p	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit		9:30a Weights/Cardio
ou like STEP come check out EME STEP! A fun Hip Hop	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit 5:30p Spin	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit		9:30a Weights/Cardio
u like STEP come check out EME STEP! A fun Hip Hop class! esday & Thursday @6:30p Coach Q	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Circuit 5:30p Spin	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Boom	9:30a Weights/Cardio
u like STEP come check out EME STEP! A fun Hip Hop class! esday & Thursday @6:30p Coach Q KEALTH FIRST	8:00a Silver Sneakers/Circuit 5:30p Zumba Mandated by State of Alabama	8:00a Silver Sneakers/Circuit 5:30p Spin	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit 6:30p Xtreme Step 	8:00a Silver Sneakers/Boom	9:30a Weights/Cardio
u like STEP come check out EME STEP! A fun Hip Hop class! esday & Thursday @6:30p Coach Q	8:00a Silver Sneakers/Circuit 5:30p Zumba	8:00a Silver Sneakers/Circuit 5:30p Spin 6:30p Xtreme Step	8:00a Silver Sneakers/Cardio Image: Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit 6:30p Xtreme Step 	8:00a Silver Sneakers/Boom	



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