July 2020



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			Montgomery's Best Kept Secret"			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	3	
Classes are limited so please come early for a spot. Thank you!			9:00a Silver Sneaker/Cardio	9:00a Silver Sneaker/Cardio	9:00a Silver Sneaker/Circuit	Gym Closed
			5:30p Step	6:00p P90X		
			6:30p Turbokickboxing			Happy 4th of July
	5			8	10	
MEMBER APPRECATION DAY	9:00a Silver Sneaker/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers Cardio	9:00a Step
July 6th Bring Friends & Family Everyone is welcome!	5:30p Zumba	6:00p Spin	5:30p Step			10:30a Weights/Cardio
Free all day						
12	2	14	1	16	17	
Mo - Th : 4am to 10pm Fri: 4am to 8pm	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Cardio	9:00a SilverSneakers Circuit	9:00a Step
	5:30p Zumba	6:00p Spin	5:30p Step			10:30a Weights/Cardio
Sat: 8am -4 pm Sun: 1pm -5pm						
	20			<u>2</u>	<u>24</u>	
	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/ Cardio	9:00a Step
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	5:30p Zumba	6:00p Spin	5:30p Step			10:30a Silver Sneakers Circuit
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Kickboxing on Wednesday. Fat plasting cardio workout that is a mix of kickboxing and simple	5:30p Zumba	9:00a Silver Sneakers/Circuit 6:00p Spin	9:00a Silver Sneakers/Cardio 5:30p Step	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/ Circuit	
dance grooves. Gotta check it out!						
HEALTH FIRST SOCIAL DISTANCING 6" OF SPACE FROM OTHERS MINIMIZE CLOSE CONTACT NO HANDSHAKES WASH HANDS FREQUENTLY	Be determined to reach your 2020	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 smal meals increases your metabolism	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.	2A's Trainers Can Help You	