March 2020

2A FITNESS
"Montgomery's Best Kept Secret"

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	8:00a Silver Sneaker/Boom	8:00a Silver Sneaker/Circuit	8:00a Silver Sneaker/Cardio	8:00a Silver Sneaker/Cardio	8:00a Silver Sneaker/Circuit	9:00a Step
	9:00a Silver Sneaker/Boom	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers/Cardio	9:00a Silver Sneakers/Circuit	9:00a Silver Sneakers Cardio/Line	10:30a Weights/Cardio
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p P90X		11:15a Yoga
		7:00p Zumba	6:30p Turbokickboxing			
8	9	10	11	12	13	14
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 Zumba
March 2nd 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 Cardio/ Line Dance	
Free all day	5:30p Zumba	6:00p Spin	5:30p Step	6:00p Spin		
		7:00p Zumba	6:30p HITT/Core			
15	16	17	18	19	20	21
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 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 Cardio	10:30a Weights&Cardio
	5:30p Zumba	6:00p Spin	5:30p Zumba	6:00p P90X		
		7:00p Zumba	6:30p Turbokickboxing			
22	23	24	25	26	27	28
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 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		11:15a Yoga
		7:00p Zumba	6:30p HITT/Core			
29	30	31				
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				
	9:00a Silver Sneakers/Boom	9:00a Silver Sneakers/Circuit				
	5:30p Zumba	6:00p Spin				
		7:00p Zumba				
Try our HITT mixed with Core on Wednesdays! A mixture of cardio while you still hit the core and abs!	Be determined to reach your 2020 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 KNOW…Eating 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 All you need to do is ask!	