November 2020

2A FITNESS
"Montgomery's Best Kept Secret"

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	8:00a Silver Sneakers/Line Dance	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 Zumba	5:30p Spin		6:30p Xtreme Step		
	6:30p Xtreme Step					
	Member Appreciation Day					
8	9	10	11	12	13	14
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				
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/Line Dance	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a SilverSneakers/Boom	9:30a Weights/Cardio
	5:30p Zumba	5:30p Spin		6:30p Xtreme Step		
		6:30p Xtreme Step				
22	23	24	25	26	27	28
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	No Classes	No Classes	No Classes	Gym Closed	No Classes	No Classes
29	30					
If you like STEP come check out XTREME STEP! A fun Hip Hop class! Tuesday & Thursday @6:30p Coach Q	8:00a Silver Sneakers/Line Dance					
	5:30p Zumba					

HEALTH FIRST

SOCIAL DISTANCING
* 6" OF SPACE FROM OTHERS
* MINIMIZE CLOSE CONTACT
* NO HANDSHAKES
* WASH HANDS FREQUENTLY

Mandated by State of Alabama

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

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

Slim Down
Tone up
Add Muscle

All you need to do is ask!