September 2020



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

		"A	lontgomery's Best Kept Secret"				
SUNDAY	MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY	5
		8:00a Silver Sneakers/Circuit 5:30p Spin	8:00a Silver Sneaker/Cardio	8:00a Silver Sneaker/Circuit	8:00a Silver Sneaker/Line Dance	9:30a Weights/Cardio	
							40
Member APPRECATION DAY	Gym Closed	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	X:IIIIa Silver Sneakers/Circuit	8.00a Silver Sneakers/Line	9:30a Weights/Cardio	12
Bring Friends & Family Everyone is welcome! Free all day	1. Pais Day	5:30p Spin		6:30p Xtreme Step			
		6:30p Xtreme Step					
13		15	16	17	18		19
New Gym Hours Mo - Th : 4am to 10pm Fri: 4am to 8pm Sat: 8am -4 pm Sun: 1pm -5pm	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a SilverSneakers/Line Dance	9:30a Weights/Cardio	
	5:30p Zumba	5:30p Spin		6:30p Xtreme Step			
	Member Apprecation Day	6:30p Xtreme Step					
20 21		22	23	<u>24</u>	25		26
Kid Fit Hours Mo - Fri: 4pm - 8pm Sat: 9am - 12pm Sun: No Kid Fit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Cardio	8:00a Silver Sneakers/Circuit	8:00a Silver Sneakers/Line Dance	9:30a Weights/Cardio	
	5:30p Zumba	5:30p Spin					
		6:30p Xtreme Step		6:30p Xtreme Step			
Sull. INU IXIU I'IL							
27		29	30				
If you like STEP come check out XTREME STEP! A fun Hip Hop class! Tuesday & Thursday @6:30p Coach Q	5:30p Zumba	8:00a Silver Sneakers/Circuit 5:30p Spin 6:30p Xtreme Step	8:00a Silver Sneakers/Cardio				
HEALTH FIRST SOCIAL DISTANCING * 6" OF SPACE FROM OTHERS * MINIMIZE CLOSE CONTACT * NO HANDSHAKES * WASH HANDS FREQUENTLY	FACE MASS	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		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		
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