

**JANUARY 2021**

Getting Better Every Day!

Aerobics Calendar

Contact fitness staff at 329-7623/7624

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| --- | --- | --- | --- | --- | --- |
| JAN 1 | Mon. | Tues. | Wed. | Thurs. | Fri.  **CLOSED**  **HAPPY NEW YEAR!** |
| JAN 4-8 | **12:15 PILATES-J**  **5:15 STEP-A** | **12:15 SENIOR CORE-D**  **5:15 TOTAL BODY-J** | **9:30 ARTHRITIS-A** | **12:15 STEP INTERVAL-A**  **5:15 BOOTCAMP-J** |  |
| JAN 11-15 |  | **12:15 ZUMBA-A**  **5:15 TABATA BOOTCAMP-KK** |  | **12:15 STEP-A**  **5:15 TOTAL BODY-J** | **9:30 ZUMBA-C** |
| JAN 18-22 | **12:15 ORGANIZED WALK/RUN(meet at lower level)-J** | **12:15 ZUMBA-C**  **5:15 TOTAL BODY-J** | **9:30 ARTHRITIS-A** | **12:15 DON’T STEP ON IT-C**  **5:15 BOOTCAMP-J** |  |
| JAN 25-29 | **12:15 PILATES-J**  **5:15 STEP INTERVAL-A** | **5:15 STABILITY BALL-J** |  | **12:15 STEP-C** | **9:30 SENIOR CORE-A** |

\*Class description on back of calendar\*

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| Instructors for land classes: C - Cara Tidwell; A - Amy Jones;  J - Jan Hare; KK - Karen Kison; D - Deon Maxwell |

\*All classes subject to change each month\*

**BLACK – GO TO AEROBICS ROOM**

**RED – GO TO THE COMMUNITY ROOM**

**THANK YOU FOR CHOOSING RUSSELL MEDICAL!**

We will not have class if only one person attends. However, you are welcome to utilize access to our 2 gyms available at all times.