



March 2021

Getting Better Every Day!

Aerobics Calendar

Contact fitness staff at 329-7623/7624

Class description on back of calendar

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

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
MAR 1-5	12:15 TOTAL BODY-J 5:15 CORE CAMP-J	12:15 SENIOR CORE-J 5:15 TOTAL BODY-J	9:30 ARTHRITIS-A		
MAR 8-12	12:15 STEP INTERVAL-A 5:15 Mash Up- D	12:15 ZUMBA-C 5:15 TOTAL BODY-D	9:30 SENIOR CORE-A		
MAR 15-19	12:15 ORGANIZED WALK/RUN(meet at lower level)-J 5:15 TOTAL BODY-J	12:15 BOSU CORE-J 5:15 GLIDE-J	9:30 STEP BASICS-A		
MAR 22-26	12:15 LOWER CUT-JM 5:15 ATHLETIC CIRCUITS-J	12:15 UPPER CUT-J 5:15 TOTAL BODY-A	9:30 SENIOR CORE-A		
MAR 29-31	12:15 ORGANIZED WALK/RUN(meet at lower level)-JM 5:15 STEP-A	12:15 TOTAL BODY-J 5:15 LOWER CUT-J	9:30 ARTHRITIS-A		

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.