



# August 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;

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
AUGUST 2-6	12:15 ORGANIZED WALK/RUN(meet at lower level)-C 5:15 MashUp-A	12:15 BOOTY CAMP-J 5:15 TOTAL BODY-J	9:30 SENIOR CORE-A		
AUGUST 9-13	12:15 MashUp-D 5:15 STEP INTERVAL-A	12:15 ZUMBA-A 5:15 GLIDE-C	9:30 ARTHRITIS-A	9:30 STEP BASICS-C	
AUGUST 16-20	12:15 ZUMBA-C 5:15 UPPER CUT- C	12:15 MashUp-D 5:15 BOOTY CAMP-A	9:30 STEP BASICS-A		
AUGUST 23-27	12:15 STEP INTERVAL-C 5:15 STEP-A	12:15 PILATES-J 5:15 TOTAL BODY-J	9:30 SENIOR CIRCUIT-D	9:30 ZUMBA-C	
AUGUST 30-31	12:15 MashUp-D 5:15 AXIS/TRANSFORM-A	12:15 BOSU CORE-J 5:15 STABILITY BALL-J			

\*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.