



November 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; R - Riley Goree

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
NOV. 1-5	12:15 GLIDE-C 5:15 STEP-A	12:15 TOTAL BODY-J 4:40 GLIDE-C	9:30 SENIOR CORE-A	12:15 ZUMBA-A	
NOV. 8-12	12:15 STEP INTERVAL-C 5:15 MashUp-A	12:15 PILATES WITH BANDS-J 4:40 DON'T STEP ON IT-C	9:30 ZUMBA -A	12:15 BOOTY CAMP-J	
NOV. 15-19	12:15 ZUMBA-C	12:15 UPPER CUT-J 4:40 LINEAR PROGRESSION-A	9:30 SENIOR CIRCUIT-D	12:15 Mash Up- D	
NOV. 22-26	12:15 TOTAL BODY-C 5:15 ATHLETIC CIRCUITS-A	12:15 INSTRUCTOR CHOICE-J		CLOSED HAPPY THANKSGIVING!	CLOSED HAPPY THANKSGIVING!
NOV. 29-30	12:15 RM Organized Walk/Run-R 5:15 STEP INTERVAL-A	12:15 PILATES WITH BANDS-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.