



# APRIL 2022

Getting Better Every Day!

## Aerobics Calendar

Contact fitness staff at 329-7623/7624 or 215-7455

\*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; RR-Robert Reams

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
<b>APR 1 (FRIDAY)</b>					
APR 4-8	9:00 SENIOR CIRCUIT-RR 12:15 TOTAL BODY-R 5:15 DON'T STEP ON IT-C	12:15 STEP-C 5:15 STRENGTH CIRCUIT-RR	9:00 ZUMBA-A 12:15 STRENGTH CIRCUIT-RR	12:15 MashUp-A	9:00 FUNCTIONAL MOVEMENT- RR
APR 11-15	9:00 FLEXIBILITY-RR 12:15 ZUMBA- C 5:15 STRENGTH CIRCUIT-R	12:15 LINEAR PROGRESSION-A 5:15 STEP- KK	9:00 ARTHRITIS-A 12:15 CORE CAMP- RR	12:15 INSTRUCTOR CHOICE-R	9:00 FUNCTIONAL MOVEMENT- RR
APR 18-22	9:00 SENIOR CIRCUIT- R 12:15 ZUMBA-C 5:15 TOTAL BODY- R	12:15 STEP-C 5:15 STEP-KK	9:00 ZUMBA-A 12:15 STRENGTH CIRCUIT-RR	12:15 MashUp-A	9:00 FUNCTIONAL MOVEMENT- RR
APR 25-29	9:00 SENIOR CORE -R 12:15 RM ORGANIZED WALK/RUN-R 5:15 STEP INTERVAL-A	12:15 LINEAR PROGRESSION-RR 5:15 TOTAL BODY-C	9:00 ARTHRITIS-A 12:15 ZUMBA-C	12:15 INSTRUCTOR CHOICE-R	9:00 FUNCTIONAL MOVEMENT- RR

\*All classes subject to change each month\*

**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.