7

**MAY 2022**

Getting Better Every Day!

Aerobics Calendar

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

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|  | Mon. | Tues. | Wed. | Thurs. | Fri. |
| **May 2-6** | **9:15am Functional Movement-RR****12:15pm Total Body-R****5:15pm MashUp-A** | **12:15pm Linear Progression-C****5:15pm Strength Circuit-RR** | **9:15am Senior Core-A****12:15pm Zumba-C** | **5:30am Instructor Choice-R****12:15pm Step-C****2:15pm Flexibility-A** | **9:15am Functional Movement-RR** |
| **May 9-13** | **9:15am Senior Circuit-RR****12:15pm Instructor Choice-R****5:15pm Lower Cut-C** | **12:15pm Step-A****5:15pm Step-KK** | **9:15am Zumba-A****12:15pm Total Body-C** | **5:30am Instructor Choice-R****12:15pm Zumba-A****2:15pm Flexibility-RR** | **9:15am Functional Movement-RR** |
| **May 16-20** | **9:15am Functional Movement-RR****12:15pm Total Body-R****5:15pm Stability Ball-KK** | **12:15pm Zumba-C****5:15pm Step-KK** | **9:15am Arthritis-A** **12:15pm Core Camp-RR** | **5:30am Instructor Choice-R****12:15pm Step-A****2:15pm Flexibility-A** | **9:15am Functional Movement-RR** |
| **May 23-27** | **9:15am Senior Circuit -RR****12:15pm RM Organized Walk/Run-C****5:15 Total Body-D** | **12:15pm Linear Progression-RR****5:15pm MashUp-D** | **9:15am Senior Core-R****12:15pm Strength Circuit-R** | **5:30am Instructor Choice-R****12:15pm Zumba-C****2:15pm Flexibility-RR** | **9:15am Functional Movement-RR** |
| **May 30-31** | **CLOSED****HAPPY MEMORIAL DAY!** | **12:15pm Step-C** |  |  |  |

\*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; R - Riley Goree; RR-Robert Reams |

 \*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.