7

**NOVEMBER 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. |
| **NOV. 1-4** |  | **12:15 Step Interval-C**  **5:15 Total Body-A** | **9:15am Arthritis-A**  **12:15pm Instructor Choice-RR** | **9:15am Senior Core-A**  **12:15pm Pilates- J** | **9:15am Flexibility- RR** |
| **NOV. 7-11** | **9:15am Senior Circuit-RR**  **12:15pm RM Organized Walk/Run-A**  **5:15pm Total Body-C** | **12:15pm Zumba-C**  **5:15pm Step-A** | **9:15am Senior Core-A**  **12:15pm Linear Progression-A** | **9:15am Arthritis-C**  **12:15pm Total Body-J** | **9:15am Functional Movement-RR** |
| **NOV. 14-18** | **9:15am Functional Movement-RR**  **12:15pm Zumba-C**  **5:15pm Strength Circuit-RR** | **12:15pm Total Body with Bands- J**  **5:15pm Bosu-A** | **9:15am Arthritis-A**  **12:15pm Instructor Choice-RR** | **9:15am Senior Core-C**  **12:15pm Step-C** | **9:15am Flexibility-RR** |
| **NOV. 21-25** | **9:15am Senior Circuit-RR**  **12:15pm Total Body-A**  **5:15pm Step-C** | **12:15pm Zumba-C** | **9:15am Senior Core-RR**  **12:15pm Linear Progression-C** | **HAPPY**  **THANKSGIVING**  **CLOSED** | **HAPPY THANKSGIVING**  **CLOSED** |
| **NOV. 28-30** | **9:15am Functional Movement-RR**  **12:15pm Zumba-A**  **5:15pm Athletic Circuits- RR** | **12:15 Pilates-J**  **5:15 Step Interval-A** | **9:15am Arthritis-A**  **12:15pm Instructor Choice-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; RR-Robert Reams;  G – Gregory Wright; |

\*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.