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.