7

**DECEMBER 2022**

Getting Better Every Day!

Aerobics Calendar

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Mon. | Tues. | Wed. | Thurs. | Fri. |
| **DEC. 1-2** |  |  |  | **9:15am Senior Core-A****12:15pm Total Body- RR** | **9:15am Flexibility- C** |
| **DEC. 5-9** | **9:15am Senior Circuit-RR****12:15pm Zumba-C****5:15pm Step Interval-A** | **12:15pm RM walk/run- J****5:15pm Step-KK** | **9:15am Senior Core-A****12:15pm Linear Progression-A** | **9:15am Arthritis-C****12:15pm Pilates-J** | **9:15am Functional Movement-RR** |
| **DEC. 12-16** | **9:15am Functional Movement-RR****12:15pm Zumba-A****5:15pm Linear Progression- C** | **12:15pm Step-C****5:15pm Strength Circuit-RR** | **9:15am Arthritis-A** **12:15pm Instructor Choice-RR** | **9:15am Senior Core-C****12:15pm Total Body- J** | **9:15am Flexibility-RR** |
| **DEC. 19-23** | **9:15am Senior Circuit-RR****12:15pm Zumba- A****5:15pm Total Body-RR** | **12:15pm Step- C** | **9:15am Senior Core-A****12:15pm Linear Progression-C** | ***\*\*No Classes\*\**** | **MERRY CHRISTMAS!****CLOSED** |
| **DEC. 26-30** | **MERRY CHRISTMAS!****CLOSED** | **12:15 Pilates with Bands-J****5:15 Step Interval-A** | **9:15am Arthritis- A****12:15pm Instructor Choice-C** | **9:15am Senior Circuit- A****12:15pm Total Body-RR** | **9:15am Functional Movement-RR** |

\*Class description on back of calendar\*

|  |
| --- |
| Instructors for land classes: C - Cara Tidwell; A - Amy Jones; J - Jan Hare; KK - Karen Kison; 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.