7

**AUGUST 2023**

Getting Better Every Day!

Aerobics Calendar

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Mon. | Tues. | Wed. | Thurs. | Fri. |
| **AUG. 1-4** |  | **9:15am Senior Circuit-D****10:00 Silver Sneakers Classic-D****12:15pm Pilates with Bands-J** | **9:15am Senior Core-RR****11:00am Diabetics Only-RR (CR gym)** | **9:15am Flexibility-D****12:15pm Linear Progression-J** | **9:15 Silver Sneakers Classic- D****11:00am Diabetics Only-C (CR gym)** |
| **AUG. 7-11** | **9:15am Silver Sneakers Classic-D****12:15pm Zumba-A****4pm Step-C** | **9:15am Silver Sneakers Classic-D****10:00 Flexibility-D****12:15pm Total Body-J****2:00pm Diabetics Only-A** | **9:15am Arthritis-A****11:00am Diabetics Only-RR (CR gym)** | **9:15am Silver Sneakers Classic-D****12:15pm Bosu-J** | **9:15am Functional Movement-RR****11:00am Diabetics Only-C (CR gym)** |
| **AUG. 14-18** | **9:15am Functional Movement-RR****12:15pm Zumba-A****4pm Glide-C** | **9:15am Flexibility-D****10am Silver Sneakers Classic- D****12:15pm Pilates- J****2:00pm Diabetics Only-A** | **9:15am Senior Core-A****11:00am Diabetics Only-RR (CR gym)**  | **9:15am Arthritis-C****12:15pm Instructor Choice-J** | **9:15am Functional Movement-RR****11:00am Diabetics Only-C (AR)** |
| **AUG. 21-25** | **9:15am Silver Sneakers Classic-D****12:15pm Zumba-C****4pm Step Interval-A** | **9:15am Senior Circuit-D****10:00 Flexibility-D****12:15pm Total Body-RR****2:00pm- Diabetics Only-A** | **9:15am Arthritis-A****11:00am Diabetics Only-RR (CR gym)** | **9:15am Senior Core-C****12:15pm Step- C** | **9:15am Functional Movement- RR****11:00am Diabetics Only-RR (CR gym)** |
| **AUG. 28-31** | **9:15am Functional Movement-RR****12:15pm Zumba-C****4pm Total Body-RR** | **9:15am Flexibility-D****10am Senior Circuit- D****12:15pm Pilates with Bands- J****2:00pm-Diabetics Only-A** | **9:15am Senior Core-A****11:00am Diabetics Only-C (CR gym)**  | **9:15am Arthritis-C****12:15pm Glide-J** |  |

\*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; D – Deanne Tuggle  |

**\*All classes subject to change each month\***

**\*\*\* Diabetics Only: Must be enrolled for this program!**

***(Contact Cara directly at 256-329-7624)***

**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.**