7

**JULY 2023**

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. |
| **JULY 3-7** | **NO** **CLASSES****GYMS OPEN FOR USE****CLOSE AT 4:30P** | **CLOSED****HAPPY 4TH OF JULY** | **9:15am Senior Core-A****11:00am Diabetics Only-RR (CR gym)** | **9:15am Flexibility-D****12:15pm Core Camp-RR** | **9:15am Functional Movement- RR****11:00am Diabetics Only-A (CR gym)** |
| **JULY 10-14** | **9:15am Silver Sneakers Classic-D****12:15pm Zumba-A****4pm Linear Progression-A** | **9:15am Senior Circuit-D****10:00 Silver Sneakers Classic-D****12:15pm Pilates-J****4pm Super Sets-RR** | **9:15am Arthritis-A****11:00am Diabetics Only-RR (CR gym)** | **9:15am Silver Sneakers Classic-D****12:15pm Bosu-C** | **9:15am Functional Movement-RR****11:00am Diabetics Only-C (CR gym)** |
| **JULY 17-21** | **9:15am Functional Movement-RR****12:15pm Zumba-A****4pm Step Interval-C** | **9:15am Flexibility-D****10am Silver Sneakers- D****12:15pm Pilates with Bands- J****4pm Instructor Choice-A** | **9:15am Senior Core-A****11:00am Diabetics Only-RR (CR gym)**  | **9:15am Arthritis-C****12:15pm Glide-J** | **9:15am Functional Movement-RR****11:00am Diabetics Only-C (AR)** |
| **JULY 24-28** | **9:15am Silver Sneakers Classic-D****12:15pm Zumba-C****4pm Glide-C** | **9:15am Silver Sneakers Classic-D****10:00 Flexibility-D****12:15pm Total Body-J****4pm Step-A** | **9:15am Arthritis-A****11:00am Diabetics Only-RR (CR gym)** | **9:15am Senior Core-C****12:15pm Pilates-J** | **9:15am Functional Movement- RR****11:00am Diabetics Only-RR (CR gym)** |
| **JULY 31** | **9:15am Functional Movement-RR****12:15pm Zumba-A****4pm Total Body-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; 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.**