



FEBRUARY 2024

Getting Better Every Day!

Aerobics Calendar

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

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
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	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
FEB 1-2				9:15am Senior Core- D 12:15pm Total Body- J	9:15 Silver Sneakers-D 11:00am Diabetics Only-C
FEB 5-9	9:15am Senior Circuit- D 12:15pm Zumba-C 4:00 Core Camp- D	9:15am EnerChi- D 10:15 Silver Sneakers- D 12:15pm Step Interval- C	9:15am Senior Core-D 11:00am Diabetics Only-RR	9:15am Instructor Choice- D 12:15pm Pilates with Bands- J	9:15am Flexibility- RR 11:00am Diabetics Only-RR
FEB 12-16	9:15am Senior Circuit- RR 12:15pm Zumba-C 4:00 Step- KK	9:15am Silver Sneakers- D 10:15 EnerChi- D 12:15pm Ball Class- J	9:15am Instructor Choice- D 11:00am Diabetics Only-RR	9:15am Arthritis- C 12:15pm Linear Progression-J	9:15am Silver Sneakers- D 11:00am Diabetics Only-RR
FEB 19-23	9:15am Senior Circuit- RR 12:15pm Zumba- C 4:00 Strength Circuit- RR	9:15am EnerChi- D 10:15 Silver Sneakers - D 12:15pm Pilates with Bands-J	9:15am Senior Core-D 11:00am Diabetics Only-RR	9:15am Instructor Choice- D 12:15pm Step- C	9:15am Flexibility- D 11:00am Diabetics Only-RR
FEB 26-29	9:15am Senior Circuit- D 12:15pm Zumba-C 4:00 Step Interval- KK	9:15am Silver Sneakers - D 10:15 EnerChi- D 12:15pm Pilates- J	9:15am Instructor Choice- D 11:00am Diabetics Only-RR	9:15am Senior Core- D 12:15pm Total Body-C	

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 gym available at all times.