



APRIL 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

| | <u>Mon.</u> | <u>Tues.</u> | <u>Wed.</u> | <u>Thurs.</u> | <u>Fri.</u> |
|------------------|---|--|---|--|--|
| APR 1-5 | 9:15am Senior Circuit- RR 12:15pm Zumba-C 4:00 Strength Circuit- RR | 9:15am Silver Sneakers- D 10:15 Flexibility- D 12:15pm Pilates- J | 9:15am Senior Core-D 11:00am Diabetics Only-RR | 9:15am Silver Sneakers- D 12:15pm Linear Progression- J | 9:15 EnerChi- D 11:00am Diabetics Only-A |
| APR 8-12 | 9:15am Senior Circuit- D 12:15pm Zumba-C 4:00 Linear Progression- A | 9:15am Silver Sneakers- D 10:15 EnerChi- D 12:15pm Total Body- J | 9:15am Instructor Choice-D 11:00am Diabetics Only-A | 9:15am Arthritis- A 12:15pm Step- C | 9:15am Silver Sneakers- D 11:00am Diabetics OnlyRR |
| APR 15-19 | 9:15am Senior Circuit- D 12:15pm Zumba-A 4:00 Step Interval- C | 9:15am Silver Sneakers- D 10:15 Flexibility- D 12:15pm Ball Class- J | 9:15am Arthritis- A 11:00am Diabetics Only-A | 9:15am Silver Sneakers- D 12:15pm Total Body- J | 9:15am Functional Movement- RR 11:00am Diabetics Only-RR |
| APR 22-26 | 9:15am Senior Circuit- RR 12:15pm Zumba- A 4:00 Dirty 30- C | 9:15am Silver Sneakers- D 10:15 EnerChi - D 12:15pm Pilates with Bands-J | 9:15am Senior Core-A 11:00am Diabetics Only-A | 9:15am Arthritis- C 12:15pm Step Interval- C | 9:15 Functional Movement- RR 11:00am Diabetics Only-RR |
| APR 29-30 | 9:15am Senior Circuit- D 12:15pm Zumba-A 4:00 Strength Circuit- RR | 9:15am Silver Sneakers- D 10:15 Flexibility- D 12:15pm Total Body- J | | | |

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.