



OCTOBER 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>
OCT. 1-4		9:15am Silver Sneakers- D 12:15pm Strength Circuit-RR	9:15am Functional Movement- RR	9:15am Silver Sneakers- D 12:15pm Athletic Circuit-A	9:15am EnerChi- D
OCT. 7-11	9:15am Silver Sneakers- D 12:15pm Pilates- J 4pm Linear Progression- RR	9:15am Functional Movement- RR 12:15pm Step Interval- A	9:15am Senior Core-A 11:00am Diabetics Only-A	9:15am Arthritis- C 12:15pm Total Body- C	9:15am Senior Circuit- A 11:00am Diabetics Only-C
OCT. 14-18	9:15am Senior Circuit- A 12:15pm Linear Progression- J 4pm Step Interval- C	9:15am Silver Sneakers- D 12:15pm Zumba-C	9:15am Senior Core- A 11:00am Diabetics Only-C	9:15am Silver Sneakers- D 12:15pm Step Interval- C	9:15am EnerChi- D 11:00am Diabetics Only-A
OCT. 21-25	9:15am Silver Sneakers- D 12:15pm Stability Ball- J 4pm Total Body- KK	9:15am Silver Sneakers- D 12:15pm Step- C	9:15am Senior Core- D 11:00am Diabetics Only-A	9:15am Arthritis- A 12:15p Linear Progression- J	9:15am Senior Circuit- D 11:00am Diabetics Only-A
OCT. 28-31	9:15am Senior Circuit- D 12:15pm Pilates with Bands- J 4pm Strength Circuit- KK	9:15am Silver Sneakers- D 12:15pm Zumba-A	9:15am Senior Core- D 11:00am Diabetics Only-C	*NO CLASSES*	

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.