



MARCH 2025

Getting Better Every Day!

Aerobics Calendar

Contact fitness staff at **256-329-7623/7624 or 256-215-7455**

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; Jennifer Sims-JS

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
MAR. 3-7	9:15am Functional Movement- RR 12:15pm Pilates- J 4pm Athletic Circuits- A	9:15am Silver Sneakers- D 12:15pm Zumba-A 4pm Fitness On Demand-Core Circuit	9:15am Senior Core-D 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Plyometric	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Step- C	9:15am Flexibility- A 11:00am Diabetics Only-RR
MAR. 10-14	9:15am Functional Movement- RR 12:15pm Stability Ball - J 4pm Step Interval- C	9:15am Silver Sneakers- D 12:15pm Zumba-C 4pm Fitness On Demand- Strength & Cardio	9:15am Senior Core- A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Athletic Flexibility	6:15am- Fitness On Demand- Pilates 9:15am Silver Sneakers- D 12:15pm Total Body- JS	9:15am Flexibility- A 11:00am Diabetics Only-A
MAR. 17-21	9:15am Functional Movement- RR 12:15pm Pilates- JS 4pm Strength Circuit- RR	9:15am Silver Sneakers- D 12:15pm Zumba-A 4pm Fitness On Demand- Pilates	9:15am Senior Core-D 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-SuperSet	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- A 12:15p Step- A	9:15am Flexibility- RR 11:00am Diabetics Only-RR
MAR. 24-28	9:15am Functional Movement- RR 12:15pm Pilates with Bands- J 4pm Stability Ball- KK	9:15am Silver Sneakers- D 12:15pm Zumba-C 4pm Fitness On Demand- SuperSet	9:15am Senior Core-A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Tabata	6:15am- Fitness On Demand- Pilates 9:15am Silver Sneakers- D 12:15pm Total Body- D	9:15am Flexibility- D 11:00am Diabetics Only-RR
	MAR 31 9:15am Functional Movement- RR 12:15pm Pilates- JS 4pm Bosu- C				

All classes subject to change each month

***** Diabetics Only: Must be enrolled for this class!**
(Contact us at 256-215-7455)

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.