



# MAY 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>
<b>MAY 1-2</b>				6:15am- Fitness On Demand- Pilates 9:15am Arthritis- A 12:15pm Linear Progression - JS	9:15am Flexibility- RR 11:00am Diabetics Only-RR
<b>MAY 5-9</b>	9:15am Functional Movement- RR 12:15pm Pilates- JS 4pm Strength Circuit- RR	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 Step- C	9:15am Flexibility- RR 11:00am Diabetics Only-A
<b>MAY 12-16</b>	9:15am Senior Circuit- D 12:15pm Pilates- JS 4pm Step Interval- A	9:15am Silver Sneakers- D 12:15pm Zumba-A 4pm Fitness On Demand- Pilates	9:15am Senior Core-A 11:00am Diabetics Only-A 12:15pm Fitness On Demand-SuperSet	6:15am- Fitness On Demand- Pilates 9:15am Silver Sneakers- D <u>12:15p NO CLASS**</u>	9:15am Flexibility- D 11:00am Diabetics Only-C
<b>MAY 19-23</b>	9:15am Functional Movement- RR 12:15pm Pilates with Bands- J 4pm Linear Progression- C	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 Arthritis- A 12:15pm Total Body- JS	9:15am Flexibility- D 11:00am Diabetics Only-RR
	<b>MAY 26</b> <b>CLOSED</b> <b>HAPPY MEMORIAL DAY!!!</b>	<b>MAY 27</b> 9:15am Silver Sneakers- D 12:15pm Total Body- D 4pm Fitness On Demand- Surprise Class	<b>MAY 28</b> 9:15am Senior Core-A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Core Circuit	<b>MAY 29</b> 6:15am- Fitness On Demand- Pilates 9:15am Silver Sneakers- D 12:15pm Zumba -A	<b>MAY 30</b> 9:15am Flexibility-C 11:00am Diabetics Only-RR

\*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.