



JUNE 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; AS- Abigale Sims

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
JUNE 2-6	9:15am Senior Circuit- D 12:15pm Pilates- JS 4pm Total Body - D	9:15am Silver Sneakers- D 12:15pm Linear Progression- JS 4pm Fitness On Demand- Strength & Cardio	9:15am Senior Core- A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Explode	6:15am- Fitness On Demand- Pilates 9:15am Silver Sneakers- D 12:15pm Athletic Circuit - A	***No class*** 11:00am Diabetics Only-A
JUNE 9-13	9:15am Functional Movement- RR 12:15pm Pilates with Bands- JS 4pm Linear Progression on Step- A	9:15am Silver Sneakers- D 12:15pm Zumba-C 4pm Fitness On Demand- Pre-Fatigue	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 Arthritis- C 12:15pm Step- C	9:15am Flexibility- RR 11:00am Diabetics Only-A
JUNE 16-20	9:15am Functional Movement- RR 12:15pm Pilates- J 4pm Strength Circuit- RR	9:15am Senior Circuit- RR 12:15pm Zumba-C 4pm Fitness On Demand- Tabata	9:15am Senior Core-A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Dance Cardio	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15p Upper Cut- C	9:15am Flexibility- A 11:00am Diabetics Only-RR
JUNE 23-27	9:15am Functional Movement- RR 12:15pm Pilates with Bands- J 4pm Instructor Choice- C	9:15am Arthritis- A 12:15pm Strength & Cardio Circuit- RR 4pm Fitness On Demand- SuperSet	9:15am Senior Core-A 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Yoga	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- AS 12:15pm Lower Cut-C	9:15am Flexibility- AS 11:00am Diabetics Only-RR
	JUNE 30 9:15am Senior Circuit- RR 12:15pm Linear Progression- JS 4pm Total Body- AS				

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.