



# JULY 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;  
Jennifer Sims-JS; AS- Abigale Sims

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
<b>JULY 1-4</b>		9:15am Senior Circuit- RR 12:15pm Pilates- JS 4pm Fitness On Demand- Strength & Cardio	9:15am Senior Core- A <b>11:00am Diabetics Only-A</b> 12:15pm Fitness On Demand-Explode	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Strength Circuit- RR	<b>CLOSED HAPPY 4<sup>TH</sup> OF JULY!!</b>
<b>JULY 7-11</b>	9:15am Functional Movement- RR 12:15pm Pilates with Bands- J 4pm Linear Progression on Step- A	9:15am Arthritis- A 12:15pm Zumba-C 4pm Fitness On Demand- Pre-Fatigue	9:15am Senior Core- A <b>11:00am Diabetics Only-RR</b> 12:15pm Fitness On Demand-Athletic Flexibility	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Step- C	9:15am Senior Circuit- AS <b>11:00am Diabetics Only-AS</b>
<b>JULY 14-18</b>	9:15am Functional Movement- RR 12:15pm Pilates- J 4pm Instructor Choice- AS	9:15am Senior Circuit- RR 12:15pm Total Body- JS 4pm Fitness On Demand- Tabata	9:15am Senior Core-A <b>11:00am Diabetics Only-AS</b> 12:15pm Fitness On Demand-Dance Cardio	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- A 12:15p Pilates with Bands- JS	9:15am Arthritis- AS <b>11:00am Diabetics Only-AS</b>
<b>JULY 21-25</b>	9:15am Functional Movement- RR 12:15pm Total Body- J 4pm Linear Progression- AS	9:15am Arthritis- A 12:15pm Zumba- C 4pm Fitness On Demand- SuperSet	9:15am Senior Core-A <b>11:00am Diabetics Only-RR</b> 12:15pm Fitness On Demand-Yoga	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Step -C	9:15am Flexibility- RR <b>11:00am Diabetics Only-RR</b>
	<b>JULY 28</b> 9:15am Functional Movement - RR 12:15pm Linear Progression- JS 4pm Total Body- C	<b>JULY 29</b> 9:15am Arthritis- A 12:15pm Bosu Core- C 4pm Fitness On Demand- Yoga	<b>JULY 30</b> 9:15am Senior Core-A <b>11:00am Diabetics Only-RR</b> 12:15pm Fitness On Demand-Pre-Fatigue	<b>JULY 31</b> 6:15am- Fitness On Demand- Pilates 9:15am Arthritis- AS 12:15pm Zumba-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.