



AUGUST 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>
AUG 1					9:15am Arthritis- AS 11:00am Diabetics Only-AS
AUG 4-8	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- RR 11:00am Diabetics Only-A 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 11:00am Diabetics Only-AS
AUG 11-15	9:15am Functional Movement- RR 12:15pm Pilates- JS 4pm Instructor Choice- AS	9:15am Arthritis- A 12:15pm Total Body- 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 Zumba- C	9:15am Flexibility- A 11:00am Diabetics Only-RR
AUG 18-22	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 11:00am Diabetics Only-RR 12:15pm Fitness On Demand-Yoga	6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Step Interval -C	9:15am Flexibility- RR 11:00am Diabetics Only-RR
	AUG 25 9:15am Functional Movement - RR 12:15pm Linear Progression- JS 4pm Total Body- RR	AUG 26 9:15am Arthritis- A 12:15pm Bosu Core- C 4pm Fitness On Demand- Yoga	AUG 27 9:15am Senior Core-A 11:00am Diabetics Only-AS 12:15pm Fitness On Demand-Pre-Fatigue	AUG 28 6:15am- Fitness On Demand- Pilates 9:15am Arthritis- C 12:15pm Total Body-AS	AUG 29 9:15am Senior Circuit- AS 11:00am Diabetics Only-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.