7

**OCTOBER 2025**

Getting Better Every Day!

Aerobics Calendar

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

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|  | Mon. | Tues. | Wed. | Thurs. | Fri. |
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| **OCT. 1-3** | **\*FITNESS ON DEMAND IS A BRAND NEW FITNESS PROGRAM WE HAVE PURCHASED! CHECK OUT CLASSES IN THE AEROBICS ROOM WHEN INSTRUCTOR LEAD CLASSES ARE NOT HELD!** | ***NOTICE::***  ***We will not have class if only***  ***one person attends.***  ***However, you are welcome to***  ***utilize access to our gym***  ***available at all times.*** | **9:15am Senior Core- AS**  **11:00am Diabetics Only-RR**  **12:15pm Fitness On Demand-Pre-Fatigue** | **6:15am- Fitness On Demand- Pilates**  **9:15am Silver Sneakers- AS**  **12:15pm Step- C** | **9:15am Flexibility-RR**  **11:00am Diabetics Only-AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** |
| **OCT. 6-10** | **9:15am Functional Movement- RR**  **12:15pm Total Body-RR**  **4pm Linear Progression- AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Arthritis- C**  **12:15pm Band Class- AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Senior Core- AS**  **11:00am Diabetics Only-AS**  **12:15pm Fitness On Demand-Athletic Flexibility** | **6:15am- Fitness On Demand- Pilates**  **9:15am Arthritis- C**  **\*\*12:10pm TRX -RR**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Silver Sneakers- AS**  **11:00am Diabetics Only-RR**  **Fitness On Demand- Strength and Cardio Circuit all day!** |
| **OCT. 13-17** | **9:15am Functional Movement- RR**  **12:15pm Pilates with Bands- J**  **4pm TRX- AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Arthritis- C**  **12:15pm Zumba- C**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Senior Core-AS**  **11:00am Diabetics Only-RR**  **12:15pm Fitness On Demand-Dance Cardio** | **6:15am- Fitness On Demand- Pilates**  **9:15am Silver Sneakers- RC**  **12:15p Linear Progression- JS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Flexibility- A**  **11:00am Diabetics Only-RR**  **Fitness On Demand- Strength and Cardio Circuit all day!** |
| **OCT. 20-24** | **9:15am Functional Movement- RR**  **12:15pm Pilates- JS**  **4pm Band Class- AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Arthritis- A**  **12:15pm Step - C**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Senior Core-A**  **11:00am Diabetics Only-RR**  **12:15pm Fitness On Demand-Yoga** | **6:15am- Fitness On Demand- Pilates**  **9:15am Silver Sneakers-RC**  **\*\*12:10pm TRX- RR**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **9:15am Silver Sneakers- AS**  **11:00am Diabetics Only-AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** |

\*Class description on back of calendar\*

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| **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; RC-Rachel Champion** |

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| **OCT. 27**  **9:15am Functional Movement - RR**  **12:15pm Linear Progression- JS**  **4pm TRX- AS**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **OCT. 28**  **9:15am Arthritis- A**  **12:15pm Zumba-C**  **Fitness On Demand- Strength and Cardio Circuit all day!** | **OCT. 29**  **9:15am Senior Core-A**  **11:00am Diabetics Only-RR**  **12:15pm Fitness On Demand-SuperSet** | **OCT. 30**  **6:15am- Fitness On Demand- Pilates**  **9:15am Silver Sneakers-RC**  **\*\*12:10pm Bosu Core-C**  **Fitness On Demand-**  **Strength and Cardio**  **Circuit all day!** | **OCT. 31**  **9:15am Flexibillity- RR**  **11:00am Diabetics Only-RR**  **Fitness On Demand- Strength and Cardio Circuit all day!** |

**\*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!**