



FEBRUARY 2026

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 classes: C - Cara Tidwell; A - Amy Jones;

J - Jan Hare; KK - Karen Kison;

Jennifer Sims - JS; AS - Abigale Sims; K-Kim Vickers

CHECK OUT OUR FOD DAILY CLASSES AND CIRCUITS!

	<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thurs.</u>	<u>Fri.</u>
FEB. FOD: M-F: 10A STRETCH; 1P DUMBBELLS 3P SHRED ABS T-F: 4P WALK WORKOUT TTH:615A PILATES	*FITNESS ON DEMAND (FOD) IS A BRAND NEW FITNESS PROGRAM WE HAVE PURCHASED! CHECK OUT CLASSES IN THE AEROBICS ROOM WHEN INSTRUCTOR LEAD CLASSES ARE NOT HELD!	NOTICE: <i>We will not have class if only one person attends.</i> <i>However, you are welcome to utilize access to our gyms available at all times.</i>			
FEB. 2-6	9:15am Senior Circuit- AS 12:15pm Stability Ball- J 4pm Total Body-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 Diabetes Only-AS 12:15 Pilates- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis- C 12:15pm Booty Camp- C Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Flexibility- A 11:00am Diabetes Only-AS Fitness On Demand-Strength and Cardio Circuit all day!
FEB. 9-13	9:15am Senior Circuit- AS 12:15pm Pilates-JS 4pm Linear Progression- A Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis-C 12:15pm Zumba- A Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Senior Core-A 11:00am Diabetes Only-A 12:15pm Linear Progression- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis- C 12:15pm Don't Step It- C Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Silver Sneakers- AS 11:00am Diabetes Only-AS Fitness On Demand-Strength and Cardio Circuit all day!
FEB. 16-20	9:15am Senior Circuit- AS 12:15pm Pilates with Bands- J 4pm Band Class- AS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis-A 12:15pm Zumba- C Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Senior Core-A 11:00am Diabetes Only-AS 12:15pm Total Body- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis- C 12:15pm Step- A Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Flexibility- A 11:00am Diabetes Only- C Fitness On Demand- Strength and Cardio Circuit all day!
	FEB. 23 9:15am Senior Circuit- AS 12:15pm Total Body-JS 4pm Step Interval-KK Fitness On Demand- Strength and Cardio Circuit all day!	FEB. 24 9:15am Arthritis-C 12:15pm Step- A Fitness On Demand- Strength and Cardio Circuit all day!	FEB. 25 9:15am Senior Core-A 11:00am Diabetes Only-AS 12:15pm Pilates- JS Fitness On Demand- Strength and Cardio Circuit all day!	FEB. 26 9:15am Arthritis- C 12:15pm TRX- AS Fitness On Demand- Strength and Cardio Circuit all day!	FEB. 27 9:15am Silver Sneakers- AS 11:00am Diabetes Only-AS 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!