



MARCH 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!

	Mon.	Tues.	Wed.	Thurs.	Fri.
MAR. 2-6	9:15am Senior Circuit- AS 12:15pm Pilates- JS 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 Diabetics Only-AS 12:15 Linear Progression- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis- C 12:15pm TRX- AS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Flexibility- AS 11:00am Diabetics Only-AS Fitness On Demand-Strength and Cardio Circuit all day!
MAR. 9-13	9:15am Senior Circuit- AS 12:15pm Tabata- J Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Silver Sneakers- K 12:15pm Step-A Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Senior Core-A 11:00am Diabetics Only-A 12:15 Pilates- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis- C 12:15pm Linear Progression Bosu- C Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Flexibility- A 11:00am Diabetics Only-AS Fitness On Demand-Strength and Cardio Circuit all day!
MAR. 16-20	9:15am Senior Circuit- AS 12:15pm Lower Cut-J Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Arthritis-C 12:15pm Step- C Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Senior Core- AS 11:00am Diabetics Only-AS 12:15pm TRX- AS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Silver Sneakers Boom- K 12:15pm Total Body- JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Flexibility- AS 11:00am Diabetics Only-AS Fitness On Demand-Strength and Cardio Circuit all day!
MAR. 23-27	9:15am Senior Circuit- AS 12:15pm Upper Cut-JS Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Silver Sneakers- K 12:15pm Zumba- A Fitness On Demand- Strength and Cardio Circuit all day!	9:15am Senior Core-A 11:00am Diabetics Only-A 12:15pm Lower Cut- 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 Diabetics Only- AS Fitness On Demand- Strength and Cardio Circuit all day!
	MAR. 30 9:15am Senior Circuit- AS 12:15pm Pilates with Bands- JS Fitness On Demand- Strength and Cardio Circuit all day!	MAR. 31 9:15am Arthritis-A 12:15pm Step Interval- C Fitness On Demand- Strength and Cardio Circuit all day!	<i>FEB. FOD: TUE: 6:15A PILATES W: 6:15A HITT M-F: 10A STRETCH M-F: 11A BEGINNER CIRCUIT M-F: 1P DUMBBELLS M-F: 2P TOTAL BODY YOGA M-F: 3P TONE&SHRED ABS M-F: 4P WALK WORKOUT</i>	*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!	<i>NOTICE: We will not have class if only one person attends. However, you are welcome to utilize access to our gyms available at all times.</i>

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!