

Fairhope Recreation Center Group Fitness Schedule –January 2016 (subject to change)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM		Water Aerobics (Trish)		WaterAerobic (Trish)	Taiji (Elliott)
8:00 AM	Spinning (MaryEllen)		Spinning (Mary Ellen)		Spinning (Jennifer)
8:15 AM	Tone to Stone (Jahane)	Zumba (Joy)	Tone to Stone (Jahane)	Zumba (Joy)	Tone to Stone (Jahane)
8:30 AM	Pickleball 8:30-12:30		Pickleball 8:30-12:30		Pickleball 8:30-12:30
9:00 AM	Water Aerobics (Sandy)		Water Aerobics (Sandy)		Water Aerobics (Sandy)
9:30 AM	Pilates (Allyson) ----- Spinning (Trish)	Yoga (Billie)	Pilates (Sue Ann) ----- Spinning (Trish)	Pilates Stretch (Allison, Sue Ann)	Pilates (Sue Ann) ----- Spinning (Trish)
10:30 AM	Taiji (Elliott)			Taiji (Elliott)	
11:00 AM		Pickleball 11-3		Pickleball 11-3	
5:30PM 6:30PM	Yoga (JamieRYT 200) ----- Starting 1/11/16 Insanity (Jahane)	Spinning (Trish)	Boot Camp (Jahane)	Spinning (5:30) (Mary Ellen) ----- Yoga (Jamie RYT 200)	

