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Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM		 Water Aerobics (Trish)		 Water Aerobics (Trish)	 Taiji (Elliott)
8:00 AM	 Spinning (Mary Ellen)		 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		 Pickleball 11:00-3:00		 Pickleball 11:00-3:00	
5:30PM	 Yoga (Jamie RYT 200) -----  6:30 pm Insanity (Jahane)	 Spinning (Trish) (5:30)	 Boot Camp (Jahane)	 Spinning (5:30) (Mary Ellen) -----  Yoga (Jamie RYT 200)	

Fairhope Recreation Center – 803 N. Greeno Rd. – Fairhope, AL 36532 – (251)928-7270



BOOT CAMP - Combines strength-training and cardio exercises. Advanced workout.



INSANITY – Push your limits with high intensity interval training. Long bursts of maximum intensity movement followed by short breaks keeps your body working at top capacity through entire workout. Advanced.



PILATES – Controlled movements promoting flexibility, builds strength, develops control and endurance. Helps improve coordination and balance. All levels.



PILATES STRETCH – Pilates with emphasis on stretching movements.



Pickleball - A paddle sport created for all ages and skill levels. Rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game for experienced players.



SPINNING - Multi level training program using a heart rate monitor and a stationary bike, in a group setting. Aerobic and anaerobic exercise. All levels.



TONE TO STONE – Muscle building and strength training. Advanced.



TAIJI - Slow, precise movements help improve balance, muscle control and is said to aid in mental calm, clarity & stress management. All levels.



WATER AEROBICS – Improves cardiovascular fitness with low-impact movements in the pool. The water provides resistance that helps to strengthen muscles and increase endurance. Water buoyancy supports the body's weight reducing the force of impact on joints and decreases muscle fatigue. All levels.



YOGA – Increases flexibility and strength using physical postures, breathing exercises and meditation. All levels.



ZUMBA – Fun, high energy class combining Latin dance moves and aerobic movements. All levels.