

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 ----- 6:30 AM	 Spinning 5:30AM(Trish)	 Water Aerobics 7:00AM(Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics 7:00 AM(Trish)	 Spinning 5:30AM(Trish)  Taiji 7:00am (Elliott)
8:00 AM	 Spinning (Mary Ellen)		 Spinning (Mary Ellen)		
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 (Carol)	 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:30 AM	 Taiji (Elliott)			Taiji (Elliott)	
12:00 PM		 PickleBall 11:00-3:00		Clinic at 1:00pm  Pickleball 11:00-3:00	
5:30PM	 Yoga (Jamie RYT 200) -----		 Boot Camp (Jahane)	 Spinning (5:30) (Mary Ellen) -----  Yoga (Jamie RYT 200)	Saturday 8:15am Zumba