
































Fairhope Recreation Center Group Fitness Schedule **May 2017** (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)	 8:30 AM Zumba with Joy	 Tone to Stone (Jahane)	 8:30 AM Zumba with Joy	 Tone to Stone (Jahane)
8:30 AM	 <b>Pickleball</b> 8:30-11:30		 <b>Pickleball</b> 8:30-11:30		 <b>Pickleball</b> 8:30-11:30
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) @ Nix C enter	
12:30 PM		 <b>PickleBall</b> 12:00-3:00		<b>Clinic 11-12 p.m.</b>  <b>Pickleball 12:00-3:00 p.m.</b> 	
5:30PM	 Yoga (Jamie RYT 200) -----	 Spinning (Mary Ellen)	Boot Camp (Jon Mission) <b>One Hour of Power!!!!!!</b> 	 Spinning (Mary Ellen) -----  Yoga (Jamie RYT 200)	