

Fairhope Recreation Center Group Fitness Schedule **July 2017** (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30AM -----	 Spinning 5:30AM(Trish)	 Water Aerobics 5:30AM(Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics 5:30 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	 Pickleball 8:30-10:30		 Pickleball 8:30-10:30		 Pickleball 8:30-10:30
7:00 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)@ Nix Center			Taiji (Elliott) @ Nix C enter	
12:30 PM		 PickleBall 12:00-2:00 pm		Clinic 11-12 p.m. 1st Thur of the month  Pickleball 12:00-2:00 pm	
5:30PM -----	 Yoga (Jamie RYT 200) -----	 Spinning (Mary Ellen)	Boot Camp (Jon Mission) One Hour of Power!!!!!! 	 Spinning (Mary Ellen) -----  Yoga (Jamie RYT 200)	