































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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30AM -----	 Spinning 5:30AM(Trish)	 Water Aerobics 6:30AM(Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics 6:30 AM(Trish)	 Spinning 5:30AM(Trish)  Taiji 7:00am (Elliott)
8:00 AM	 Spinning (Mary Ellen) 8:00 a.m.		 Spinning (Mary Ellen) 8:00 a.m.		
8:00 AM	 Tone to Stone (Jahane) 8:00 a.m.	 8:30 AM Zumba with Joy	 Tone to Stone (Jahane) 8:00 a.m.	 8:30 AM Zumba with Joy	 Tone to Stone (Jahane) 8:00 a.m.
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)
AM	 Taiji (Elliott) @ Nix Ctr 10:00 a.m.			Taiji (Elliott) @ Nix Center 10:30 a.m.	
		 PickleBall 11:00-3:00 p.m.		Clinic 11-12 p.m. 1st Thur of the month Pickleball 11:00-3:00 p.m. 	
5:30PM	 Yoga (Jamie RYT (200) 5:30p.m.	 Spinning (Mary Ellen) 5:30 p.m.		 Spinning (Mary Ellen) 5:30 p.m. -----  Yoga (Jamie RYT 200) 5:30 p.m.	