

Fairhope Recreation Center Group Fitness Schedule **November 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)		 Spinning (Mary Ellen)		
8:00 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 8:30-12:30		 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) @ Nix C enter 10:30 AM	
12:30 PM		 PickleBall 11:00-3:00 pm		Clinic 11-12 p.m. 1st Thur of the month Pickleball 11:00-3:00 pm	
	 5:15 PM Yoga (Jamie RYT 200)	 Spinning (Mary Ellen) 5:30 PM		5:30 PM Spinning (Mary Ellen) ----- Yoga (Jamie RYT 200) 5:15 PM	