





























Fairhope Recreation Center Group Fitness Schedule **December 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)	 <b>Spinning</b> 5:30AM(Trish)   <b>Taiji</b> 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	 <b>Pickleball</b> 8:30-12:30		 <b>Pickleball</b> 8:30-12:30		 <b>Pickleball</b> 8:30-12:30
<b>9:00 AM</b>	 <b>Water Aerobics</b> (Sandy)		<b>Water Aerobics (Sandy)</b>		 <b>Water Aerobics (Sandy)</b>
9:30 AM	 Pilates (Carol)	 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch ( Sue Ann)	 Pilates (Sue Ann)
10:30 AM	 <b>Taiji (Elliott)</b>			<b>Taiji (Elliott)</b> @ Nix C enter 10:30 AM	
12:30 PM		 <b>PickleBall</b> 11:00-3:00 pm		<b>Clinic 11-12 p.m.</b> 1 <sup>st</sup> Thur of the month <b>Pickleball 11:00-3:00 pm</b>	
	 <b>5:15 PM</b> (Jamie RYT 200)	 Spinning (Mary Ellen) 5:30 PM	<b>PICKLEBALL HOURS SUBJECT TO CHANGE DURING CHRISTMAS BREAK</b>	<b>5:30 PM</b> Spinning (Mary Ellen) ----- Yoga (Jamie RYT 200) <b>5:15 PM</b>	