

Fairhope Recreation Center Group Fitness Schedule **August 2018** (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)
8:00 AM	 Pickleball 8:00-10:30		 Pickleball 8:00-10:30		 Pickleball 8:00-10:30
8:30 AM	 Water Aerobics (Maggie)		Water Aerobics (Maggie)		 Water Aerobics (Maggie)
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 Center 10:30AM	August 15 th -Taiji @ Rec Ctr. M-Thur Pickleball Hrs. 11-3 t-thur m/w/f8-noon
		 PickleBall 12:00-2:00pm		Pickleball 12:00-2:00pm	
5:30 PM	 Yoga 5:30 PM	BOOTCAMP Spinning (Mary Ellen)	ZUMBA 5:30	 5:30 PM Spinning (Mary Ellen) ----- Yoga 5:30 PM	