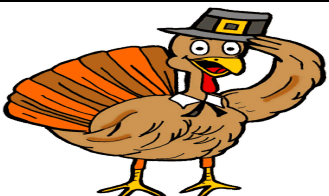


Fairhope Recreation Center Group Fitness Schedule **November 2018** (subject to change)

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 Jessie	 Tone to Stone (Jahane)	 8:30 AM Zumba with Jessie	 Tone to Stone (Jahane)
8:00 AM	 Pickleball 8:00-12:00		 Pickleball 8:00-12:00		 Pickleball 8:00-12:00
8:30 AM	 Water Aerobics (Maggie)		Water Aerobics (Maggie)		 Water Aerobics (Maggie)
9:30 AM		 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:30 AM	Taiji (Elliott)	 PickleBall 11:00-3:00 pm		Taiji (Elliott) @ Rec. Ctr. 10:30 am Pickleball 11:00-3:00pm Clinic on 1 st Thurs of the Month 11:00 AM	
				BOOTCAMP @7:00AM	
5:30 PM	Yoga with Annette 5:30 PM Raquetball Court	Spinning with MaryEllen 5:30 pm		5:30 PM Spinning (Mary Ellen) Yoga with Annette 5:30 PM	