

























# Fairhope Recreation Center Group Fitness Schedule **January 2019** (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)   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	 <b>Pickleball</b> 8:00-12:00		 <b>Pickleball</b> 8:00-12:00		 <b>Pickleball</b> 8:00-12:00
<b>8:30 AM</b>	 Water Aerobics (Maggie)		Water Aerobics (Maggie)		 Water Aerobics (Maggie)
9:30 AM	 Pilates (Julia)	 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch ( Sue Ann)	 Pilates (Sue Ann)
10:30 AM	<b>Tai Ji</b> (Elliott)	 <b>PickleBall</b> 11:00-3:00 pm		<b>Tai Ji (Elliott) @ Rec. Ctr.</b> <b>10:30 am</b> <b>Pickleball</b> 11:00-3:00pm Clinic 2nd Thurs of January 11:00 AM	
				<b>BOOTCAMP @6:30AM</b>	
<b>5:30 PM</b>	Yoga Annette <b>5:30 PM</b> Raquetball Court	Spinning with MaryEllen 5:30 pm		5:30 PM Spinning (Mary Ellen) Yoga with Annette <b>5:30 PM</b>	