

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)	 Spinning 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	 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	 Pilates (Julia)	 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:30 AM	Tai Ji (Elliott)	 PickleBall 11:00-3:00 pm		Tai Ji (Elliott) @ Rec. Ctr. 10:30 am Pickleball 11:00-3:00pm Clinic 2nd Thurs of January 11:00 AM	
5:30 PM	Yoga Annette 5:30 PM <u>Raquetball Court</u>	Spinning with <u>MaryEllen</u> 5:30 pm		5:30 PM Spinning (Mary Ellen) Yoga with Annette 5:30 PM	