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Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	 Spinning 5:30AM(Trish)	 Water Aerobics (Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics (Trish)	 Spinning 5:30AM(Trish)
7:00 AM					 Taiji (Elliott)
8:00AM	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12		 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12		 Tone to Stone (Jahane) -----  Pickleball 8-12
8:30 AM	 Water Aerobics (Maggie)	 Zumba (Jessie)	 Water Aerobics (Maggie)	 Zumba (Jessie)	 Water Aerobics (Maggie)
9:30 AM	 Pilates (Julia)	 Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:30 AM	 Taiji (Elliott)			 Taiji (Elliott)	
11:00 AM		 Pickleball 11:00-3:00		 Pickleball Clinic 1 st Thurs/Month 11:00-3:00	
5:30 PM	 Yoga (Joy) Until school gets out	 Spinning (Mary Ellen)	 Boot Camp (Jessie O)	 Spinning (Mary Ellen) -----  Yoga (Annette)	

Fairhope Recreation Center

251/928-7270

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Fairhope, AL 36532

For Text notifications

text the message @fcente to the number 81010
or (251)234-6080 *standard text rates apply
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at rmd.at/fcente on your smartphone (apple, android)



Tammy Hughes Henry – Personal Trainer
Women on Weights (private class)
251/504-8959