































# Group Fitness Schedule – July 2019 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	 <b>Spinning</b> 5:30AM(Trish)		 Spinning 5:30AM(Trish)		 <b>Spinning</b> 5:30AM(Trish)
6:30 AM		 Water Aerobics (Trish)		 Water Aerobics (Trish)	
6:45 AM	 Water Aerobics (Maggie)		 Water Aerobics (Maggie)		 Water Aerobics (Maggie)
8:00AM	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-11		 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-11		 Tone to Stone (Jahane) -----  Pickleball 8-11
8:30AM		 Zumba (Jessie)		 Zumba (Jessie)	
9:30 AM			 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
9:45AM or 10:00AM	 <b>10AM - Pilates</b> (Annette)	 <b>9:45AM - Yoga</b> (Billie)			
12:00 AM		 Pickleball 12:00-3:00		 Pickleball Clinic 1 <sup>st</sup> Thurs/Month 12:00-3:00	
5:30 PM	 Yoga (Joy)	 Spinning (Mary Ellen)   <b>Boot Camp</b> (Jessie O)		 Spinning (Mary Ellen) -----  Yoga (Annette)	<b>ZUMBATHON!!!</b> <b>July 20th</b> <b>9:00AM-11:00AM</b>



## TaiChi (location changes)

Mon & Thur 10:30 - NIX Center  
Fri 7AM on the Bluff

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



## Fairhope Recreation Center

251/928-7270  
803 N. Greeno Rd.  
Fairhope, AL 36532

## For Text notifications

text the message @fcente to the number 81010  
or (251)234-6080 \*standard text rates apply  
or download the app by following instructions  
at [rmd.at/fcente](http://rmd.at/fcente) on your smartphone (apple, android)