


































Group Fitness Schedule – October 2019 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	 Spinning 5:30AM(Trish)		 Spinning 5:30AM(Trish)		 Spinning 5:30AM(Trish)
6:30 AM		 Water Aerobics (Trish)		 Water Aerobics (Trish)	 Tai Chi On the Bluff 7:00AM
8:00AM	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12	8:00 AM Tuesday  Zumba (Jessie)	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12	9:00 AM Thursday  Zumba (Jessie)	 Tone to Stone (Jahane) -----  Pickleball 8-12
8:30AM	 Water Aerobics (Maggie)	8:00 AM	 Water Aerobics (Maggie)	8:00 AM	 Water Aerobics (Maggie)
9:30 AM		 9:45AM Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:00AM & 10:30AM	 10AM - Pilates (Annette) -----  Tia Chi 11:00AM	 Tai Chi 10:30AM Nix Center		 Tia Chi 10:30AM	
		 Pickleball 11:00-3:00		 Pickleball Clinic 1 st Thurs/Month 11:00-3:00	
5:30 PM	 Yoga (Joy)	 Spinning (Mary Ellen)		 Spinning (Mary Ellen) -----  Yoga (Annette)	ZUMBATHON!!! October 19th 9:00AM-11:00AM



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

Fairhope Recreation Center

251/928-7270
803 N. Greeno Rd., Fairhope, AL 36532
Class Coordinator Juana Murray



Saturday
Water Aerobics w/ Trish
8:15 am