

# Group Fitness Schedule – January 2020 (subject to change)

| Time                    | Monday                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                         | Friday                                                                                                                                                                                                                           |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:30 AM<br>&<br>6:30 AM |  <b>Spinning</b><br>5:30AM(Trish)                                                                                                                                                                                                                                  |  Water aerobics<br><b>6:30AM</b> (Trish)         |  Spinning<br>5:30AM(Trish)                                                                                                                                                                                                                                           |  Water Aerobics<br><b>6:30AM</b> (Trish)                      |  <b>Spinning</b><br>5:30AM(Trish)                                                                                                             |
| 7:00 AM                 |                                                                                                                                                                                                                                                                                                                                                     | <b>PIYO</b><br>(Solene)                                                                                                           |                                                                                                                                                                                                                                                                                                                                                        | <b>PIYO</b><br>(Solene)                                                                                                                          |  Tai Chi<br>On the Bluff<br><b>7:00AM</b>                                                                                                     |
| 8:00AM                  |  Spinning<br>(Mary Ellen)<br>-----<br> Tone to Stone<br>(Jahane)<br>-----<br> Pickleball<br>8-12 | Barre Class<br>(Annette)<br><br><b>9:00 AM Tuesday</b>                                                                            |  Spinning<br>(Mary Ellen)<br>-----<br> Tone to Stone<br>(Jahane)<br>-----<br> Pickleball<br>8-12 | Barre Class<br>(Annette)<br><br><b>9:00 AM Thursday</b>                                                                                          |  Tone to Stone<br>(Jahane)<br>-----<br> Pickleball<br>8-12 |
| 8:30AM                  |  Water Aerobics<br>(Maggie)                                                                                                                                                                                                                                        | <b>8:00 AM</b>  Zumba<br>(Jessie)                |  Water Aerobics<br>(Maggie)                                                                                                                                                                                                                                          | <b>8:00 AM</b>  Zumba<br>(Jessie)                             |  Water Aerobics<br>(Maggie)                                                                                                                   |
| 9:30 AM                 |                                                                                                                                                                                                                                                                                                                                                     |  <b>10:00 AM</b><br>Yoga<br>(Billie)             |  Pilates<br>(Sue Ann)                                                                                                                                                                                                                                               |  Pilates Stretch<br>(Sue Ann)                                 |  Pilates<br>(Sue Ann)                                                                                                                         |
| 10:00AM<br>&<br>10:30AM |  <b>10AM - Pilates</b><br>(Annette)<br>-----<br> Tia Chi<br><b>11:00AM</b>                                                                                                       |  Tai Chi<br><b>10:30AM</b><br><b>Nix Center</b> |                                                                                                                                                                                                                                                                                                                                                        |  Tai Chi<br><b>10:30AM</b>                                   | Yoga<br><b>@ 8:00 AM</b><br><b>In Spin Room</b>                                                                                                                                                                                  |
|                         |                                                                                                                                                                                                                                                                                                                                                     |  Pickleball<br>11:00-3:00                      |                                                                                                                                                                                                                                                                                                                                                        |  Pickleball Clinic<br>January 9 <sup>th</sup><br>11:00-3:00 |                                                                                                                                                                                                                                  |
| 5:30 PM                 |  Yoga<br>(Solene)<br><br><b>In Spin Room</b>                                                                                                                                                                                                                     |  Spinning<br>(Mary Ellen)                      |                                                                                                                                                                                                                                                                                                                                                        |  Spinning<br>(Mary Ellen)                                   |                                                                                                                                                                                                                                  |



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

Starts Thursday, January 2<sup>nd</sup>

