

Group Fitness Schedule – January 2020 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM & 6:30 AM	 Spinning 5:30AM(Trish)	 Water aerobics 6:30AM (Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics 6:30AM (Trish)	 Spinning 5:30AM(Trish)
7:00 AM		PIYO 7:00 AM (Solene)		PIYO 7:00 AM (Solene)	 Tai Chi On the Bluff 7:00AM
8:00AM	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12	Barre Class (Annette) 9:00 AM Tuesday	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12	Barre Class (Annette) 9:00 AM Thursday	 Tone to Stone (Jahane) -----  Pickleball 8-12
8:30AM	 Water Aerobics (Maggie)	8:00 AM  Zumba (Jessie)	 Water Aerobics (Maggie)	8:00 AM  Zumba (Jessie)	 Water Aerobics (Maggie)
9:30 AM		 10:00 AM 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	Yoga @ 8:00 AM In Spin Room
		 Pickleball 11:00-3:00		 Pickleball Clinic January 9 th 11:00-3:00	
5:30 PM	 Yoga (Solene) In Spin Room	 Spinning (Mary Ellen)		 Spinning (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
Class Coordinator Juana Murray

**PIYO is our newest addition
to the Rec Center! Come try it
out beginning on January 2nd!**