|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| 5:30 AM & 6:30 AM | **Spinning**  5:30AM(Trish) | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\NR8Q7ZMT\MC900440536[2].wmfWater aerobics  **6:30AM** (Trish) | Spinning  5:30AM(Trish) | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\NR8Q7ZMT\MC900440536[2].wmfWater Aerobics  **6:30AM**(Trish) | **Spinning**  5:30AM(Trish)  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\RZX5L48S\MC900440542[1].wmf |
| 7:00 AM | **Mobility, Stretch and Balance Class (Leslie)** | **Yoga Fusion**  **(Leslie)** | **Mobility, Stretch and Balance Class (Leslie)** | **Yoga Fusion**  **(Leslie)** | Tai Chi  On the Bluff  **7:00AM** |
| 8:00AM | MM900174000[1]Spinning  (Mary Ellen)  ----------------------------------  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\EB68CZXH\MC900217608[1].wmfTone to Stone  (Jahane)  -----------------------------------  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\12F0BCZ6\MC900286086[1].wmfPickleball  8-12  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\NR8Q7ZMT\MC900440536[1].wmf | Barre Class  (Annette)  **9:00 AM Tuesday** | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\IRXGURWP\MM900174000[1].gifSpinning  (Mary Ellen)  -----------------------------------------  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\EB68CZXH\MC900217608[1].wmf Tone to Stone  (Jahane)  ------------------------------------------  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\12F0BCZ6\MC900286086[1].wmf Pickleball  8-12 | Barre Class  (Annette)  **9:00 AM Thursday** | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\EB68CZXH\MC900217608[1].wmf Tone to Stone  (Jahane)  --------------------------------------  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\12F0BCZ6\MC900286086[1].wmfPickleball  **C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\RZX5L48S\MC900310178[1].wmf**8-12 |
| 8:30AM | Water Aerobics  (Maggie) | C:\Users\cof-recctr1\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MEXGIB36\hawaiiandancer-legup[1].pngZumba  **8:00 AM** (Jessie) | MC900440536[2]Water Aerobics  (Maggie)C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\AZFRPCZW\MC900439931[1].wmf | C:\Users\cof-recctr1\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MEXGIB36\hawaiiandancer-legup[1].pngZumba  **8:00 AM** Image result for yoga clipart(Jessie) | MC900440536[2]Water Aerobics  (Maggie) |
| 9:30 AM |  | **C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\RZX5L48S\MC900310178[1].wmf**  **10:00 AM** Yoga (Billie) | Pilates  (Sue Ann) | Pilates Stretch  (Sue Ann) | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\AZFRPCZW\MC900439931[1].wmf Pilates  (Sue Ann) |
| 10:00AM & 10:30AM | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\AZFRPCZW\MC900439931[1].wmf**10AM -** Pilates  (Annette)  C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\RZX5L48S\MC900440542[1].wmf----------------  Tai Chi  **11:00AM** |  |  | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\RZX5L48S\MC900440542[1].wmfTai Chi  **10:30AM** | Yoga  **@ 8:00 AM**  **In Spin Room** |
|  |  | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\12F0BCZ6\MC900286086[1].wmfPickleball  MM900174000[1]11:00-3:00 |  | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\12F0BCZ6\MC900286086[1].wmfPickleball Clinic 2-3pm  11:00-3:00 |  |
| 5:30 PM | Yoga  (Solene)  **In Spin Room** | Spinning  (Mary Ellen) |  | C:\Documents and Settings\cof-recctr1\Local Settings\Temporary Internet Files\Content.IE5\IRXGURWP\MM900174000[1].gif Spinning  (Mary Ellen)  ------------------------------------------ |  |



Tammy Hughes Henry

Personal Trainer

Women on Weights (private class)

251/504-8959

Group Fitness Schedule – March 2020 (subject to change)

**Yoga Fusion**

Fairhope Recreation Center

251/928-7270

803 N. Greeno Rd., Fairhope, AL 36532

Class Coordinator Juana Murray

