|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  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 ChiOn 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].wmfPickleball8-12C:\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 Pickleball8-12 | 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 2-3pm11:00-3:00 |  |
| 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

