

# Fairhope Recreation Center Group Fitness Schedule

August 2013 CLASSES (SUBJECT TO CHANGE)

		Fairhope Recreation Center Group Fitness Schedule					
		<u>August 2013 CLASSES (SUBJECT TO CHANGE)</u>					
GROUP EXERCISE CLASSES	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	7:00AM/10:30AM	Tai-Chi 10:30AM (Elliott)				Tai Chi 10:30AM (Elliott)	Tai Chi 7:00AM (Elliott)
	8:15 AM	Zumba (Dee)	Tone To Stone (Jahane)	Zumba (Dee)	Tone To Stone (Jahane)	Zumba (Dee)	
	9:30 AM	Pilates (Allyson)	Yoga (Billie Reinhart )	Pilates (Sue Ann)	*Pilates Stretch (Allison,Sue Ann) * Zumba Gold (Christa)	Pilates (Sue Ann)	
	5:30 PM	*Insanity (Jahane) *Yoga Jamie RYT200	Zumba (Christa)	Bootcamp (Jahane)	*Yoga Jamie RYT200 *Instructors Choice (Jahane)		
	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	8:00 AM Water Aerobics		Water Aerobics Trish		Water Aerobics Trish		
SPINNING CLASSES/WATER AER	8:00 AM	Mary Ellen		Mary Ellen		Jennifer	
	9:30 AM	Trish		Trish		Trish	
	5:30 PM		Trish				