

# Fairhope Recreation Center Group Fitness Schedule

SEPTEMBER 2013 CLASSES (SUBJECT TO CHANGE)

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GROUP EXERCISE CLASSES	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:00&10:30 AM	Tai-Chi 10:30AM (Elliott)			SW of Rose Garden neat Pier Tai Chi 10:30AM (Elliott)	SW of Rose Garden near PierTai 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&10AM	Water Aerobics Brittany	Water Aerobics Trish	Water Aerobics Brittany	Water Aerobics Trish	Water Aerobics Brittany
SPINNING CLASSES/WATER AER	8:00 AM	Mary Ellen		Mary Ellen		Jennifer
	9:30 AM	Trish		Trish		Trish
	5:30 PM		Trish			