

Fairhope Recreation Center Group Fitness Schedule

OCTOBER 2013 CLASSES (SUBJECT TO CHANGE)

		Fairhope Recreation Center Group Fitness Schedule					
		<u>OCTOBER 2013 CLASSES (SUBJECT TO CHANGE)</u>					
GROUP EXERCISE CLASSES	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	7:00&10:30 AM	Taiji 10:30AM (Elliott)				Taiji 10:30AM (Elliott)	Taiji 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) <i>*Zumba Gold (10:30am Christa)</i>	*Pilates Stretch (Allison,Sue Ann)	Pilates (Sue Ann)	
	5:30 PM	*Insanity (Jahane) *Yoga Jamie <i>RYT200</i>	Zumba (Christa)	Bootcamp (Jahane)	*Yoga Jamie <i>RYT200</i>		
	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00&10AM	<i>Water Aerobics Brittany</i>	Water Aerobics Trish	<i>Water Aerobics Brittany</i>	Water Aerobics Trish	<i>Water Aerobics Brittany</i>		
SPINNING CLASSES/WATER AER	8:00 AM	Mary Ellen		Mary Ellen		Mary Ellen	
	9:30 AM	Trish		Trish		Trish	
	5:30 PM		Trish				