

Fairhope Recreation Center Group Fitness Schedule

December 2013 CLASSES (SUBJECT TO CHANGE)

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