

Fairhope Recreation Center Group Fitness Schedule

February 2014 CLASSES (SUBJECT TO CHANGE)

		Fairhope Recreation Center Group Fitness Schedule				
		<u>February 2014 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)	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	
	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 AM		Water Aerobics Trish		Water Aerobics Trish	
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	