

Fairhope Recreation Center Group Fitness Schedule

[SEPTEMBER 2014 CLASSES \(SUBJECT TO CHANGE\)](#)

		Fairhope Recreation Center Group Fitness Schedule				
		<u>SEPTEMBER 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)	Pilates (Sue Ann)
	5:30 PM	•Insanity (Jahane) •Yoga Jamie RYT200		Bootcamp (Jahane) Yoga (Jamie) RYT200		
	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Trish 8:00:00 AM	9:00 A.M. Water Aerobics Sandy	Water Aerobics Trish	9:00 A.M. Water Aerobics Sandy	Water Aerobics Trish	9:00 A.M. Water Aerobics Sandy
SPINNING CLASSES	8:00 AM	Mary Ellen		Mary Ellen		Jennifer
	9:30 AM	Trish		Trish		Trish
	5:30 PM		Trish		Mary Ellen	