

	Fairhope Recreation Center Group Fitness Schedule <u>OCTOBER 2014 CLASSES</u> (SUBJECT TO CHANGE)
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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	