

Fairhope Recreation Center Group Fitness Schedule - Jan 2015 (subject to change)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM					 Taiji (Elliott)
8:00 AM	 Spinning (Mary Ellen)	 Water Aerobics (Trish)	 Spinning (Mary Ellen)	 Water Aerobics (Trish)	 Spinning (Jennifer)
8:15 AM	 Zumba (Dee)	 Tone to Stone (Jahane)	 Zumba (Dee)	 Tone to Stone (Jahane)	 Zumba (Dee)
9:00 AM	 Water Aerobics (Sandy) -----  Pickleball 9-11		 Water Aerobics (Sandy) -----  Pickleball 9-11		 Water Aerobics (Sandy) -----  Pickleball 9-11
9:30 AM	 Pilates (Allyson) -----  Spinning (Trish)	 Yoga (Billie)	 Pilates (Sue Ann) -----  Spinning (Trish)	 Pilates Stretch (Allison, Sue Ann)	 Pilates (Sue Ann) -----  Spinning (Trish)
10:30 AM	 Taiji (Elliott)			 Taiji (Elliott)	
1:00PM		 Pickleball 1-3		 Pickleball 1-3	
PM 5:00PM	 Insanity (Jahane) -----  Yoga (Jamie RYT 200)	 Spinning (Trish)	 Boot Camp (Jahane)	 Spinning (Mary Ellen) -----  Yoga (Jamie RYT 200)	