




































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

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