

Fairhope Recreation Center Group Fitness Schedule – July 2015 (subject to change)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Water Aerobics (Sandy)	<u>6:30 AM</u> Water Aerobics (Trish)	Water Aerobics (Sandy)	<u>6:30 AM</u> WaterAerobic (Trish)	Water Aerobics (Sandy) ----- Taiji (Elliott)
8:00 AM	Spinning (MaryEllen)		Spinning (Mary Ellen)		Spinning (Jennifer)
8:15 AM	Tone to Stone (Jahane)	Zumba (Joy)	Tone to Stone (Jahane)		Tone to Stone (Jahane)
8:30 AM	Pickleball 9:00-11:00		Pickleball 9:00-11:00		Pickleball 9:00-11:00
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 12-2		Pickleball 12-2	
5:30PM	----- Yoga (JamieRYT 200)	Insanity (Jahane) ----- Spinning (Trish)	Boot Camp (Jahane)	Spinning (5:30) (Mary Ellen) ----- Yoga (Jamie RYT 200)	

Swim Team: Monday – Friday 8:00 a.m. to 11:00 a.m.



Swim Lessons: Monday – Thursday 7:45 a.m. to 9:30 a.m.

Monday & Wednesday 6:00 p.m. to 6:45 p.m.