

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

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00/8:00 AM	9:00 AM Water Aerobics (Sandy)	<u>7:00 AM</u> Water Aerobics (Trish)	9:00 AM Water Aerobics (Sandy)	<u>7:00 AM</u> WaterAerobic (Trish)	9:00AM Water Aerobics (Sandy) ----- 7:00AM 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)	Zumba (Joy)	Tone to Stone (Jahane)
8:30 AM	Pickleball 8:30-12:30		Pickleball 8:30-12:30		Pickleball 8:30-12:30
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)	
11:00 AM		Pickleball 11-3		Pickleball 11-3	
5:30PM	----- Yoga (JamieRYT 200)	----- Insanity (Jahane) ----- Spinning (Trish)	----- Boot Camp (Jahane)	----- Spinning (5:30) (Mary Ellen) ----- Yoga (Jamie RYT 200)	Saturday 8:00 AM Zumba

