


































# Group Fitness Schedule – May 2019 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM& 6:30 AM	 <b>Spinning</b> 5:30AM(Trish)	 Water Aerobics 6:30am (Trish)	 Spinning 5:30AM(Trish)	 Water Aerobics 6:30am (Trish)	 <b>Spinning</b> 5:30AM(Trish)
7:00 AM					 Taiji (Elliott)
8:00AM	 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12		 Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12		 Tone to Stone (Jahane) -----  Pickleball 8-12
8:30 AM	 Water Aerobics (Maggie)	 Zumba (Jessie)	 Water Aerobics (Maggie)	 Zumba (Jessie)	 Water Aerobics (Maggie)
9:30 AM	 Pilates (TBD)	 Yoga (Billie) 9:45AM	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:30 AM	 Taiji (Elliott)			 Taiji (Elliott)	
11:00 AM		 Pickleball 11:00-3:00		 Pickleball Clinic 1 <sup>st</sup> Thurs/Month 11:00-3:00	
5:30 PM	 Yoga (Joy) Until school gets out	 Spinning (Mary Ellen)	 Boot Camp (Jessie O)	 Spinning (Mary Ellen) -----  Yoga (Annette)	<b>ZUMBATHON!!!</b> <b>May 18<sup>th</sup></b> <b>9:00AM-11:00AM</b>

## Fairhope Recreation Center

251/928-7270

803 N. Greeno Rd.  
Fairhope, AL 36532



Tammy Hughes Henry – Personal Trainer  
Women on Weights (private class)  
251/504-8959

### For Text notifications

text the message @fcente to the number 81010  
or (251)234-6080 \*standard text rates apply  
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