


































Group Fitness Schedule – August 2019 (subject to change)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|--|--|
| 5:30 AM |  Spinning 5:30AM(Trish) | |  Spinning 5:30AM(Trish) | |  Spinning 5:30AM(Trish) |
| 6:30 AM | |  Water Aerobics (Trish) | |  Water Aerobics (Trish) |  Tai Chi On the Bluff 7:00AM |
| 8:00AM |  Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12 | Barre Class (Annette) |  Spinning (Mary Ellen) -----  Tone to Stone (Jahane) -----  Pickleball 8-12 | |  Tone to Stone (Jahane) -----  Pickleball 8-12 |
| 8:30AM |  Water Aerobics (Maggie) |  Zumba (Jessie) |  Water Aerobics (Maggie) |  Zumba (Jessie) |  Water Aerobics (Maggie) |
| 9:30 AM | |  9:45AM Yoga (Billie) |  Pilates (Sue Ann) |  Pilates Stretch (Sue Ann) |  Pilates (Sue Ann) |
| 10:00AM & 10:30AM |  10AM - Pilates (Annette) -----  Tia Chi 10:30AM | | |  Tia Chi 10:30AM | |
| 12:00 AM | |  Pickleball 11:00-3:00 | |  Pickleball Clinic 1 st Thurs/Month 11:00-3:00 | |
| 5:30 PM |  Yoga (Joy) |  Spinning (Mary Ellen)  Boot Camp (Jessie O) | |  Spinning (Mary Ellen) -----  Yoga (Annette) | ZUMBATHON!!! August 24th 9:00AM-11:00AM |

Fairhope Recreation Center

251/928-7270
803 N. Greeno Rd.
Fairhope, AL 36532



Saturday

Water Aerobics w/ Trish
8:15 am



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