


































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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	 <b>Spinning</b> 5:30AM(Trish)		 Spinning 5:30AM(Trish)		 <b>Spinning</b> 5:30AM(Trish)
6:30 AM		 Water Aerobics (Trish)		 Water Aerobics (Trish)	 Tai Chi On the Bluff <b>7:00AM</b>
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	Barre Class (Annette)	 Tone to Stone (Jahane) -----  Pickleball 8-12
8:30AM	 Water Aerobics (Maggie)	<b>8:00 AM</b>  Zumba (Jessie)	 Water Aerobics (Maggie)	<b>8:00 AM</b>  Zumba (Jessie)	 Water Aerobics (Maggie)
9:30 AM		 <b>9:45AM</b> Yoga (Billie)	 Pilates (Sue Ann)	 Pilates Stretch (Sue Ann)	 Pilates (Sue Ann)
10:00AM & 10:30AM	 <b>10AM - Pilates</b> (Annette) -----  Tia Chi <b>11:00AM</b>	 Tai Chi <b>10:30AM</b> <b>Nix Center</b>		 Tia Chi <b>10:30AM</b>	
12:00 AM		 Pickleball 11:00-3:00		 Pickleball Clinic 1 <sup>st</sup> Thurs/Month 11:00-3:00	
5:30 PM	 Yoga (Joy)	 Spinning (Mary Ellen)		 Spinning (Mary Ellen) -----  Yoga (Annette)	<b>ZUMBATHON!!!</b> <b>September 21st</b> <b>9:00AM-11:00AM</b>



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

## Fairhope Recreation Center

251/928-7270

803 N. Greeno Rd., Fairhope, AL 36532  
Class Coordinator Juana Murray



**Saturday**

Water Aerobics w/ Trish  
8:15 am