



Fairhope Recreation Center Group Fitness Schedule

JANUARY 2012 CLASSES BEST TO CHANGE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP EXERCISE CLASSES	CLASS TIME					
	8:15	ZUMBA	TONE TO STONE	7:00 AM TAI CHI	TONE TO STONE	7:00 AM TAI CHI
	AM	DEE BETH	JAHANE	8:15- STEP JAHANE	JAHANE	8:15 AM ZUMBA
	9:30	PILATES	9:30 ALLISON SUE ANN	PILATES	9:30 ALLISON SUE ANN	DEE BETH
	AM	ALLYSON	PILATES STRETCH	SUE ANN	PILATES STRETCH	9:30 AM PILATES
	9:30		ZUMBA	CARDIO CIRCUIT		SUE ANN
	AM		DEE			
				DEE		
	5:00	INSANITY	ZUMBA	BOOTCAMP		
	PM	JAHANE	DEE	JAHANE		
5:00	YOGA					
PM	JAMIE					
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPINNING CLASSES	CLASS TIME					
	8:15	INTERVAL		STRENGTH		ENDURANCE
	AM	MARY ELLEN		MARY ELLEN		MARY ELLEN
	9:30	INTERVAL		VARIATION		VARIATION
	AM	TRISH		TRISH		TRISH
	6:00		ENDURANCE	5:30PM STRENGTH		
PM		TRISH	CHRISTA			