

Fairhope Recreation Center

Is now offering

Group Fitness

for a healthier community!



- **Pilates** focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine.
- **Spinning** is a multi level training program using a heart rate monitor and a stationary bike in a group setting. It offers both aerobic and anaerobic exercise for maximum fat and calorie burning.
- **Trekking** is a unique treadmill class taught in a group and also offers both aerobic and anaerobic exercise for maximum fat and calorie burning.
- **Zumba** is a workout that mixes body sculpting movements with dance steps derived from many different Latin dances including salsa, flamenco, mambo, and hip hop to name a few.
- **Yoga** is a combination of breathing exercises, physical postures, and meditation that has been practiced for more than 5000 years.
- **Step Aerobics** is a relatively low- impact program distinguished by other forms of aerobics by its use of an elevated platform (the step). The height of the steps can be tailored to each individuals needs
- **Boot Camp** is a results driven conditioning program for intermediate to advanced fitness levels. Boot camp uses a military style format, coupled with the most progressive, innovative, and creative exercises in fitness.

Please bring your own water and towel to every class