




















Group Fitness Schedule – August 2020 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM & 6:45 AM	 <p>5:30 AM Spinning (Trish)</p>	 <p>6:45 AM Water Aerobics (Trish)</p>	 <p>5:30 AM Spinning (Trish)</p>	 <p>6:45 AM Water Aerobics (Trish)</p>	 <p>5:30 AM Spinning (Trish)</p>
7:00 AM	 <p>7:00 AM Yoga (Leslie)</p>		 <p>7:00 AM Yoga (Leslie)</p>		
8:00 AM	 <p>8:00 AM Tone to Stone (Jahane)</p> <hr style="border-top: 1px dashed black;"/>  <p>8:00 AM Spinning (Leslie)</p>	 <p>8:00 AM Zumba (Jessie)</p>	 <p>8:00 AM Tone to Stone (Jahane)</p> <hr style="border-top: 1px dashed black;"/>  <p>8:00 AM Spinning (Leslie)</p>	 <p>8:00 AM Zumba (Jessie)</p>	 <p>8:00 AM Tone to Stone (Jahane)</p>
9:00 AM		<p>9:00 AM Barre Class (Annette) Indoor Track</p>		<p>9:00 AM Barre Class (Annette) Indoor Track</p>	
9:30 AM & 10:00 AM	 <p>9:30-12 Pickleball</p>	 <p>10:00 AM Pilates (Sue Ann)</p>	 <p>9:30-12 Pickleball</p>	 <p>10:00 AM Pilates (Sue Ann)</p>	 <p>9:30-12 Pickleball</p>

We are taking extra precautions cleaning and disinfecting the facility for your safety. We ask that our members are mindful and considerate of others by helping us maintain cleanliness.

Fairhope Recreation Center
251/928-7270
803 N. Greeno Rd., Fairhope, AL 36532
Class Coordinator Juana Murray

Thank you for your understanding and cooperation during this uncertain time. We will be reviewing and updating classes as restrictions change.