


















## Group Fitness Schedule – September 2020 (subject to change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM & 6:45 AM	 5:30 AM Spinning (Trish)	 6:45 AM Water Aerobics (Trish)	 5:30 AM Spinning (Trish)	 6:45 AM Water Aerobics (Trish)	 5:30 AM Spinning (Trish)
7:00 AM	 7:00 AM Yoga (Leslie)		 7:00 AM Yoga (Leslie)		
8:00 AM	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane)
9:00 AM & 	9:00-12 Pickleball	Barre Class 9:00 AM (Annette) Indoor Track  Pickleball 12:00 – 3:00	9:00-12 Pickleball	Barre Class 9:00 AM (Annette) Indoor Track  Pickleball 12:00 – 3:00	9:00-12 Pickleball
9:30 AM & 10:00 AM		 10:00 AM Pilates (Sue Ann)		 10:00 AM Pilates (Sue Ann)	

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.