























Group Fitness Schedule –November 2020 (subject to change) New Class or changes

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

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.