



























Group Fitness Schedule – December 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 Spin (Annette)	 8:00 AM Tone to Stone (Jahane)	 8:00 AM Spin (Annette)	 8:00 AM Tone to Stone (Jahane)
	 8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie)	 8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie)	 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)
10:00 AM		 10:00 AM Pilates (Sue Ann)	Coming in January: Yoga 10:15am (Leslie)	 10:00 AM Pilates (Sue Ann)	Coming in January: Yoga 10:15am (Leslie)
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.