






















Group Fitness Schedule – March 2021 (subject to change) New Class or changes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM & 6:30 AM	 5:30 AM Spinning (Trish)	<i>During Pool Closing</i> 6:30 AM Low-impact (Trish)	 5:30 AM Spinning (Trish)	<i>During Pool Closing</i> 6:30 AM Low-impact (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) <hr/>  8:00 AM Spinning (Leslie)	 TBD...8:00 AM ZUMBA (Jessie) <hr/>  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00 AM Spinning (Leslie)	 TBD...8:00 AM Zumba (Jessie) <hr/>  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00 AM Spinning (Leslie)
9:00 AM & 9:15 AM	<i>During Pool Closing</i> 9:15 AM Cardio, Strength & Stretch (Leslie)	9:00 AM Barre Class (Annette) Indoor Track	<i>During Pool Closing</i> 9:15 AM Cardio, Strength & Stretch (Leslie)	9:00 AM Barre Class (Annette) Indoor Track	<i>During Pool Closing</i> 9:15 AM Cardio, Strength & Stretch (Leslie)
10:00 AM		 10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (Leslie)	 10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (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.