














# Group Fitness Schedule – May 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)	 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)	 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 Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie) -----  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Leslie)
9:00 AM & 9:15 AM	 9:00 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)	 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 10:00 – 1:00	Pickleball 9:00-12	Pickleball 10:00 – 1:00	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.