





























Group Fitness Schedule – **July 2021** (subject to change) 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)	 HAPPY 4TH! GOD BLESS AMERICA	
8:00 AM	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00-8:40 AM Water Aerobics (Leslie)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00-8:40 AM Water aerobics (Leslie)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00-8:40 AM Water Aerobics (Leslie)
9:00 AM & 9:15 AM	 9:00 AM Spinning (Leslie)	9:00 AM Barre Class (Annette) Indoor Track	 9:00 AM Spinning (Leslie)	9:00 AM Barre Class (Annette) Indoor Track	 9:00 AM Spinning (Leslie)
10:00 AM		 10:00 AM Spinning (Annette) <hr/>  10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (Leslie)	 10:00 AM Spinning (Annette) <hr/>  10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (Leslie)
5:30 PM	 5:30 PM Yoga Leslie	Basketball courts are open for play during unscheduled class times – check with the front desk			
	Pickleball 9:00-11	Pickleball 11:00 – 1:00	Pickleball 9:00-11	Pickleball 11:00 – 1:00	Pickleball 9:00-11

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

The Recreation Center is a community center. We welcome all those who wish to use this facility. Kindness and cooperation is to be used towards others and this property as we work together to stay fit and healthy.