




























## Group Fitness Schedule – August 2021 (subject to change) Changes Beginning Aug 11th

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 & 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)	<div style="border: 2px solid red; padding: 5px; display: inline-block;">Back to School Wed. Aug. 11th</div>	 7:00 AM Yoga (Leslie)		
8:00 AM	 8:00 AM Tone to Stone (Jahane)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane)	 8:00 AM Zumba (Jessie)	 8:00 AM Tone to Stone (Jahane)
	 8:00 AM Spinning (Leslie)	 **8:00 AM Spinning (Annette)	 8:00 AM Spinning (Leslie)	 **8:00 AM Spinning (Annette)	 8:00 AM Spinning (Leslie)
9:00 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 Spin moved to 8:00 AM	 Yoga 10:30 am (Leslie)	**10:00 AM Spin moved to 8:00 AM	 Yoga 10:30 am (Leslie)
		 10:00 AM Pilates (Sue Ann)		 10:00 AM Pilates (Sue Ann)	
5:30 PM	 5:30 PM Yoga (Leslie)	<div style="border: 2px solid red; padding: 5px; display: inline-block;">Basketball courts are open for play during unscheduled class times – check with the front desk</div>			
	Pickleball Starting Aug 11th - 9 to 12	Pickleball Starting Aug 11 <sup>th</sup> - 10 to 1	Pickleball Starting Aug 11 <sup>th</sup> - 9 to 12	Pickleball Starting Aug 11 <sup>th</sup> – 10 to 1	Pickleball Starting Aug 11 <sup>th</sup> - 9 to 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

The Recreation Center is a community center. We welcome all those who wish to use this facility.