
































Group Fitness Schedule – **October 2021** (subject to change)

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)		 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 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 (Phil)	 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 (Phil)	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	Basketball courts are open for play during unscheduled class times – check with the front desk				
	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12	Pickleball 10 to 1	 Pickleball 9 to 12	

Fairhope Recreation Center

251/928-7270

803 N. Greeno Rd., Fairhope, AL 36532

Class Coordinator Juana Murray

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.

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