

























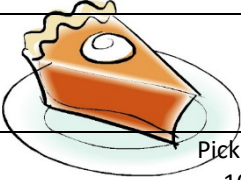







# Group Fitness Schedule – November 2021 (subject to change)

| 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   | <u>There will be NO Group Fitness Classes on Veterans Day Nov. 11th</u>  |   |  7:00 AM Yoga (Leslie)  |  <b>VETERANS DAY</b>   |  7:00 AM Yoga (Leslie)  |
| 8:00 AM   |  8:00 AM Tone to Stone (Jahane)<br>-----<br> 8:00 AM Spinning (Phil) |  8:00 AM Zumba (Jessie)<br>-----<br> 8:00 AM Spinning (Annette) |  8:00 AM Tone to Stone (Jahane)<br>-----<br> 8:00 AM Spinning (Leslie) |  8:00 AM Zumba (Jessie)<br>-----<br> 8:00 AM Spinning (Annette) |  8:00 AM Tone to Stone (Jahane)<br>-----<br> 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  |   | <u>We will be closed Nov. 25<sup>th</sup> for Thanksgiving.</u>  |    |  |
|  | Pickleball 9 to 12   | Pickleball 10 to 1  | Pickleball 9 to 12   |  Pickleball 10 to 1  |  Pickleball 9 to 12   |

**\*\*Please note schedule changes for Nov. 11<sup>th</sup>, Veterans Day and Nov. 25<sup>th</sup>, Thanksgiving.\*\***

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

Check with the front desk for open Basketball courts – Space limited due to Youth Basketball Season