



Group Fitness Schedule – December 2021 (subject to change)

	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)	
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	* No evening yoga				
	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12

Please note schedule changes.

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 36536
 Juana Murray, Class Coordinator

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