

Group Fitness Schedule – January 2022 (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)
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 * See below	 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 * see below	 HAPPY NEW YEAR * CLOSED ALL DAY Sat. JAN 1ST NEW YEARS DAY		10:30 AM Yoga (Leslie)	 10:00 AM Pilates (Sue Ann) *	 Yoga 10:30 am (Leslie)
* 	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12

Open - Jan. 17th, MLK holiday, No classes/Nursery

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
Juana Murray, Class Coordinator

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