



























Group Fitness Schedule – March 2022 (subject to change) *New Changes

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	 March 13 Daylight Savings		 7:00 AM Yoga (Leslie)		 * No 7:00 AM Yoga 5:30 PM Yoga coming soon!
8:00 AM	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Phil)	 8:00 AM Zumba (Jessie) -----  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) -----  8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie) -----  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) -----  8:00-AM Spinning *(Phil)
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 *(Phil)
10:00 AM		 10:00 AM Pilates (Sue Ann)	 10:30 AM Yoga (Leslie)	 10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (Leslie) No change
	 Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12

*Changes beginning this month to Leslie's Friday Classes

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



Coming soon
 5:30 PM Yoga Class