





































Group Fitness Schedule – May 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			 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 (Phil)
9:00 AM	 9:00 AM Water Aerobics (Phill) 9:00 AM *Yoga (Annette)	 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)
			 10:30 AM Yoga (Leslie)	 10:00 AM Pilates (Sue Ann)	 Yoga 10:30 am (Leslie)
10:00 AM		 10:00 AM Pilates (Sue Ann)			
	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12	Pickleball 10 to 1	Pickleball 9 to 12
5:30 PM	 *Yoga (Sarah) 5:30 PM	 *Spinning (Annette) 4:30 PM			

 Spin Class
 Water Aerobics
 Yoga
 Tone to Stone
 Zumba
 Pilates
 Barre
 Pickleball

9:00 AM Yoga Class
With Annette

Fairhope Recreation Center
251-928-7270
803 N. Greeno Rd. Fairhope, AL 36532
Juana Murray, Class Coordinator

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.

