











































# Group Fitness Schedule – June 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) <hr/>  8:00 AM Spinning (Phil)	 8:00 AM Zumba (Jessie) <hr/>  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00 AM Spinning (Leslie)	 8:00 AM Zumba (Jessie) <hr/>  8:00 AM Spinning (Annette)	 8:00 AM Tone to Stone (Jahane) <hr/>  8:00-AM Spinning (Phil)
9:00 AM	 6:30 AM Water Aerobics (Phill)  9:00 AM *Yoga with Annette	 9:00 AM Barre Class (Annette)  Indoor Track	 6:30 am Water Aerobics (Phil)  9:15 AM *Stretch Class (Leslie)	 9:00 AM Barre Class (Annette)  Indoor Track	 6:30 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)
	Pickleball 9 to 11	Pickleball 10 to 12	Pickleball 9 to 11	Pickleball 10 to 12	Pickleball 9 to 11
 5:30 PM	*Yoga with Sarah & Spinning with Lisa 5:30 PM	 *Spinning (Annette) 4:30 PM	 Spinning with Lisa 6:15 PM	 Spinning with Lisa 5:30 PM	

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

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.

9:00 AM Stretch Class  
With Leslie

