


































# Group Fitness Schedule – July 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	 6:30 AM Water Aerobics (Phill)  9:15 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)
	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 (Annette) 4:15 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.

4:15 PM Spinning Class  
With Annette

