Facility Phone Number: (205) 758-0419 Updated 12/22/2020

January 2021 Fitness Schedule - Bobby Miller Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Back in 2021 ***Forever Young*** ***Monday 10-10:50a*** ***Thursday 9:30-10:20a*** ***Saturday January 9*** ***Fitness Class Promo*** ***8:30 – 11:30a***				1 	2
3	4 8:30-9a GIT Fit 9-9:50a Zumba Hybrid 9:15-10:15a Water Aerobics 10-10:50a Forever Young 4:30-5p Line Dance 5-6p Immune Booster Qigong 6-7p Yang & Sun Style Tai Chi	5 9-10a Boot Camp 10-11a Zumba	6 8:30-9a GIT Fit 9:15-10:15a Water Aerobics 10-11a Immune Booster Qigong 11-12p Yang & Sun Style Tai Chi	7 9:30-10:20a Forever Young 1-1:40p Yang Style Tai Chi Hybrid 1:40-2:20p Sun Style Tai Chi Hybrid 2:20-3p Qigong Tai Chi Hybrid	8	9 **Fitness Class Promo Saturday 8:30 – 11:30a** *See website or front desk for schedule and locations.
10	11 8:30-9a GIT Fit 9-9:50a Zumba Hybrid 9:15-10:15a Water Aerobics 10-10:50a Forever Young 4:30-5p Line Dance 5-6p Immune Booster Qigong 6-7p Yang & Sun Style Tai Chi	12 9-10a Boot Camp 10-11a Zumba	13 8:30-9a GIT Fit 9:15-10:15a Water Aerobics	14 9:30-10:20a Forever Young 1-1:40p Yang Style Tai Chi Hybrid 1:40-2:20p Sun Style Tai Chi Hybrid 2:20-3p Qigong Tai Chi Hybrid	15	16
17	18 	19 9-10a Boot Camp 10-11a Zumba	20 8:30-9a GIT Fit 9:15-10:15a Water Aerobics	21 9:30-10:20a Forever Young 1-1:40p Yang Style Tai Chi Hybrid 1:40-2:20p Sun Style Tai Chi Hybrid 2:20-3p Qigong Tai Chi Hybrid	22	23
24 31	25 8:30-9a GIT Fit 9-9:50a Zumba Hybrid 9:15-10:15a Water Aerobics 10-10:50a Forever Young 4:30-5p Line Dance 5-6p Immune Booster Qigong 6-7p Yang & Sun Style Tai Chi	26 9-10a Boot Camp 10-11a Zumba	27 8:30-9a GIT Fit 9:15-10:15a Water Aerobics	28 9:30-10:20a Forever Young 1-1:40p Yang Style Tai Chi Hybrid 1:40-2:20p Sun Style Tai Chi Hybrid 2:20-3p Qigong Tai Chi Hybrid	29	30

*****Please see back of calendar for Hybrid Class ID's and Zoom class offerings.**

Zoom January Class Schedule

PARA is currently offering 3 styles of fitness classes. They are as follows.

1. **On-Site classes**: classes will be at a specific facility. They will have the max capacity in (parenthesis). Currently not all centers have on- site classes.
2. **Hybrid classes**: classes are on-site at a specific facility but Zoom capable for all other members. These classes will also have a max capacity in (parenthesis). For Zoom access please read Zoom class explanation.
3. **Zoom classes**: classes will be virtual only, with no on-site members. Each Zoom capable class will have a specific meeting ID number. You will have to download the app and enter the ID number. You will need a password. For password or help you can call the Faucett Center at 205.331.5600.

Class	Zoom ID	Time	Day	Instructor
Line Dancing	779 615 8323	5:30-6:30p	Thursday	Rachel
Immune Boost Qigong Tai Chi	582 793 5144	2:20-3p	Thursday	Huei
Sun Style Tai Chi	582 793 5144	1:40-2:20p	Thursday	Huei
Yang Style Tai Chi	582 793 5144	1-1:40p	Thursday	Huei
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel

*We will resume classes January 4 and will be closed on January 18 for Martin Luther King Jr. Day!