Facility Phone Number: (205) 331-5600 Updated 3/17/20

March 2020 Fitness Schedule - Faucett Brothers Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30-6:30a Bootcamp-**Amber** 8:10-8:50a Kickboxing - **Gayla** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 11:15-12p Pilates 4:45-5:45p Quick Fit-**Will** 5:30-6:30p Cycle	3 5:30-6:30a Boot Camp-**Brandi** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic 10:15-10:45a Zumba – **Bea** 10:15–11:15a Yoga 4:45-5:45p Quick Fit- **Amber** 6:15-7:15p Zumba®	4 5:30-6:30a Bootcamp- **Amber** 8:30-9a Cycle 9-9:45a GIT Fit 9-10a SS Splash 10-10:45a Pilates 4:45-5:45p Quick Fit- **Will** 5:30-6:30p Cycle	5 5:30-6:30a Boot Camp-**Brandi** 9-10a Deep Water 9-10a Fitness Fusion 9-10a SS Classic 10:15–11:15a Yoga- **Gayla** 10:30-11:20a Line Dancing 4:45-5:45p Quick Fit-**Amber** 5:45-6:30p Pilates	6 5:30-6:30a Boot Camp **Amber** 9-10a Quick Fit 9-10a Water Aerobics – **Logan** 4:45-5:45p Quick Fit - **Amber** 6:15-7:15p Yoga- **Gayla**	7 9:30-10:30a Quick Fit-**Amber**
8						
15	16 5:30-6:30a Bootcamp-**Amber** 8:10-8:50a Kickboxing - **Gayla** 8:30-9:30a SS Splash-**Bea** 9-10a Mix It Up Monday 10:15-11a Pilates 11:15-12p Pilates 4:45-5:45p Quick Fit-**Will** 5:30-6:30p Cycle-**Amber** 6:10-6:40p Pound 6:20-7:20p Deep Water 6:45-7:45p Zumba® - **Alisha** 6:45-7:30p Yoga	17 5:30-6:30a Boot Camp-**Brandi** 9-10a Deep Water-**Amy** 9-10a Fitness Fusion 9-10a SS Classic 10:15-10:45a Zumba – **Bea** 10:15–11:15a Yoga 4:45-5:45p Quick Fit- **Amber** 6:15-7:15p Zumba® 6:20-7:20p Water Aerobics	18	19	20	21
22	23	24	25	26	27	28
29 / **5**	30	31	**April 1**	**2**	**3**	**4**

Beginning March 18th all classes will be cancelled through April 5th.