Updated 8/26/2020

September 2020 Fitness Schedule - Mary Ann Phelps Activity Center

205.562.3230

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness Fusion (formerly Silver Sneakers Classic) will be offered from 9-10a on Wednesdays. If participation is good, we will consider adding Mondays in October. Amber will be instructing.	1 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 6-6:55p Hatha Yoga (*)	2 ***9-10a Fitness Fusion**	3 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 5:15-6p Pilates & TBC (*) 6-6:55p Hatha Yoga (*)	4	5
6	7 	8 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 6-6:55p Hatha Yoga (*)- **Sheri**	9 9-10a Fitness Fusion	10 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 5:15-6p Pilates & TBC (*)- **Sheri** 6-6:55p Hatha Yoga (*)- **Sheri**	11	12
13	14 12-1p Hatha Yoga (*) 4-4:45p Gentle Yoga (*) 5:15-6p Pilates & TBC(*)	15 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 6-6:55p Hatha Yoga (*)	16 9-10a Fitness Fusion	17 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 5:15-6p Pilates & TBC (*) 6-6:55p Hatha Yoga (*)	18	19
20	21 12-1p Hatha Yoga (*) 4-4:45p Gentle Yoga (*) 5:15-6p Pilates & TBC(*)	22 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 6-6:55p Hatha Yoga (*)	23 9-10a Fitness Fusion	24 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 5:15-6p Pilates & TBC (*) 6-6:55p Hatha Yoga (*)	25	26
27	28 12-1p Hatha Yoga (*) 4-4:45p Gentle Yoga (*) 5:15-6p Pilates & TBC(*)	29 8:30-9:30a Mat Pilates (*) 9:30-10:30a Mat Pilates (*) 6-6:55p Hatha Yoga (*)	30 9-10a Fitness Fusion			

TBC = Total Body Conditioning ***8 in Aerobics Room/15 on Patio**

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

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Zoom September 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
Kickboxing	348 693 4898	10:15-10:55a	Wednesday	Gayla
Line Dancing	779 615 8323	5:30-6:30p	Thursday *No Class 9/24	Rachel
Pound	230 815 5921	10:00-10:40a	Tuesday/Thursday	Sarah S.
Qigong Tai Chi	582 793 5144	5-5:40p (Tuesday) 1-1:40p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Sun Style Tai Chi	582 793 5144	5:40-6:20p (Tuesday) 1:40-2:20p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Yang Style Tai Chi	582 793 5144	6:20-7p (Tuesday) 2:20-3p (Thursday)	Tuesday *Only 9/8, 9/15, & 9/22 Thursday *Only 9/10, 9/17, & 9/24	Huei
Yoga (AM)	348 693 4898	10:15-10:55a	Tuesday/Thursday *No Class 9/8	Gayla
Yoga (AM)	230 815 5921	11:00-11:40a	Tuesday/Thursday	Sarah S.
Yoga (AM)	230 815 5921	10:30-11:10a	Monday/Wednesday	Sarah S.
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel