Updated 12/1/2020

December 2020 Fitness Schedule – Jerry Tingle Activity Center

Facility Phone Number: (205) 277-8195

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:15-9a Water Aerobics (12) 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) 6:15-7p HIIT (10)	2 8:30-9:30a Fitness-4-All (10) 9:45-10:45a HIIT (10)	3 8:15-9a Water Aerobics (12) 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) 5:30-6:30p Aqua Dance (10)	4 8:30-9:30a Fitness-4-All (10) 9:45-10:45a Pound (10)	5
6	7 8:30-9:30a Aqua Dance (10) 9:45-10:45a Fitness-4-All (10)	8 8:15-9a Water Aerobics (12) 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) 6:15-7p HIIT (10)	9 8:30-9:30a Fitness-4-All (10) 9:45-10:45a HIIT (10)	10 8:15-9a Water Aerobics (12) 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) 5:30-6:30p Aqua Dance (10)	11 8:30-9:30a Fitness-4-All (10) 9:45-10:45a Pound (10)	12
13	14 **8:30-9:30a NO Aqua Dance** 9:45-10:45a Fitness-4-All (10)	15 **8:15-9a NO Water Aerobics** 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) 6:15-7p HIIT (10)	16 8:30-9:30a Fitness-4-All (10) 9:45-10:45a HIIT (10)	17 **8:15-9a NO Water Aerobics** 9:20-9:50a Quick Fit (10) 10-10:40a Pound (10) 11-11:40a Yoga (10) **5:30-6:30p NO Aqua Dance**	18 8:30-9:30a Fitness-4-All (10) 9:45-10:45a Pound (10)	19
20	21 **No Class**	22 **No Class**	23 **No Class**	24 	25	26
27	28 **No Class**	29 **No Class**	30 **No Class**	31 	Jan 1, 2021	31

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

Updated 12/1/2020

Zoom December 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	6:20-7p (Tuesday) 2:20-3p (Thursday)	Tuesday Thursday	Huei
Sun Style Tai Chi	582 793 5144	5:40-6:20p (Tuesday) 1:40-2:20p (Thursday)	Tuesday Thursday	Huei
Yang Style Tai Chi	582 793 5144	5-5:40p (Tuesday) 1-1:40p (Thursday)	Tuesday Thursday	Huei
Zumba (AM)	741 5788 8216	9:00-9:40a	Monday	Angie
Zumba (PM)	779 615 8323	5:30-6:30p	Monday	Rachel

***Fitness classes will be held from Dec. 1 - 18.**

***All PARA Facilities will be closed from December 24, 2020 – January 1, 2021**