

Group Exercise Substitution Schedule

7/19/21 – 7/25/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	9:00a 6:15p	Aqua Aerobics Cycle	Rotation Bill	Jody Victor
WEDNESDAY	11:30a 5:30p	New! Balance & Stability Core Yoga	Main studio Susan E	Fabian Liza
THURSDAY	10:30a 5:30p	Bodypump Barre Fusion class held in the main studio	Amy C	Gemma Werner
FRIDAY	9:00a 9:15a	Aqua Aerobics Arthritis	Rotation Kate	Kathy Jody
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy C
SUNDAY	9:00a 9:30a 10:15a 2:00p	Aqua Aerobics Vinyasa Flow Yoga Arthritis Total Body Yoga	Rotation Liza Rotation Liza	Kathy Marlene Kathy Sandra