

# Group Exercise Substitution Schedule

9/13/21 – 9/19/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a 5:30p	Triple Threat Yoga Basics	Jennifer Marjorie	Amy R Loralee
TUESDAY	None Listed			
WEDNESDAY	None Listed			
THURSDAY	10:30a 11:30a 5:30p	Bodyump Restorative Yoga Barre Fusion	Amy C Steven Rotation	Loralee Tatiana Jennifer
FRIDAY	9:00a	Aqua Aerobics	Rotation	Jody
SATURDAY	8:00a 9:15a 9:15a	Bodycombat Arthritis Cycle	Amy R Pam Melissa	Amy R Marylee Susan E
SUNDAY	9:00a 10:15a	Aqua Aerobics Arthritis	Rotation Rotation	Susie Susie