

Group Exercise Substitution Schedule

9/20/21 – 9/26/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:30a	New!! BeMoved Dance Class with Jaonie in the main studio!!		
TUESDAY	None Listed			
WEDNESDAY	5:30p	Core Yoga	Sandra	Susan E
THURSDAY	5:30p	Barre Fusion	Rotation	Lisa
FRIDAY	9:00a 9:15a 10:00a	Aqua Aerobics Cycle Chair Yoga	Rotation Lisa Audrey	Kathy Susan E Kris
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy C
SUNDAY	9:00a 10:15a	Aqua Aerobics Arthritis	Rotation Rotation	Loralee Loralee