

Group Exercise Substitution Schedule

10/11/21 – 10/17/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	5:30p	Barre Fusion with Janine	class time changed to 5:15p-6:05p	
WEDNESDAY	None Listed			
THURSDAY	5:30p	Barre Fusion	Rotation	Lisa
FRIDAY	9:00a 10:00a	Aqua Aerobics Adult Ballet with Werner	Rotation	Loralee class time changed to 10:20-11:10a
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy R
SUNDAY	9:00a 9:00a 10:15a 2:00p	Vinyasa Flow Yoga Aqua Aerobics Arthritis Total Body Yoga	Liza Rotation Rotation Liza	Steve F Susie P Susie P Loralee