

Group Exercise Substitution Schedule

12/6/21 – 12/12/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Arthritis	Marylee	Kris
	10:15a	Arthritis	Pam	Susie P
	5:30p	Yoga Basics	Marjorie	Steve
TUESDAY	9:15a	Arthritis	Marylee	Kate
WEDNESDAY	5:45p	Arthritis	Pam	Kris
THURSDAY	5:30p	Barre Fusion	Rotation	Lisa
FRIDAY	9:00a	Aqua	Rotation	Kathy
	10:15a	Arthritis	Pam	Kris
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy C
	9:15a	Arthritis	Pam	Kris
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie