

Group Exercise Substitution Schedule

1/10/22 – 1/16/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Arthritis	Marylee	Kris
	10:15a	Arthritis	Pam	Susie P
	5:30p	Bodypump	Victor	Carol
TUESDAY	8:00a	My Zone HIIT	Lora	Amy C
	9:15a	Cycle	Lora	Susan E
	9:15a	Arthritis	Marylee	Kate
WEDNESDAY	8:00a	Arthritis	Loralee	Susie P
	9:00a	Aqua Aerobics	Loralee	Susie P
	9:15a	Cycle	Lisa	Susan E
THURSDAY	9:00a	Aqua Aerobics	Carl	Janet
	9:00a	Pilates Mat	Loralee	Amy C
	5:30p	Barre Fusion	Rotation	Jenny
	6:30p	Fibro	Lisa	Susie P
FRIDAY	6:00a	Vinyasa Flow Yoga	Loralee	Steve
	9:00a	Aqua	Rotation	Kathy
	9:15a	Cycle	Lisa	Carol
SATURDAY	8:00a	Bodycombat	Amy C/Amy R	Amy C
	9:00a	Bodypump	Victor	Amy C
	9:15a	Arthritis	Pam	Canella
	10:15a	Bodypump	Susie N	Carol
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie P
	10:15a	Arthritis	Rotation	Susie P