

# Group Exercise Substitution Schedule

1/24/22 – 1/30/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Arthritis	Marylee	Kris
	9:15a	Cycle	Melissa	Bill
	10:15a	Arthritis	Pam	Joanie
TUESDAY	8:00a	My Zone HIIT	Lora	Amy C
	9:15a	Cycle & Strength	Lora	Susan E
WEDNESDAY	9:00a	Core Conditioning	Lora	Susan E
	9:30a	Simply Strength	Lora	Susan E
	5:45p	Arthritis	Pam	Joanie
THURSDAY	9:00a	Aqua Aerobics	Carl	Janet
	5:30p	Barre Fusion	Rotation	Lisa
FRIDAY	5:30a	Tabata Cardio Conditioning is cancelled effective 1/21 due to low attendance		
	8:00a	Arthritis	Rotation	Loralee
	9:00a	Aqua Aerobics	Rotation	Loralee
	10:15a	Arthritis	Pam	Kris
SATURDAY	8:00a	Bodycombat	Amy C/Amy R	Amy R
	9:15a	Arthritis	Pam	Canella
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie P
	10:15a	Arthritis	Rotation	Susie P