

Group Exercise Substitution Schedule

5/16/22 – 5/22/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:45a	Yoga Basics	Liza	Susan E
	12:00p	Just Dance 101 will be Be	Moved Dance with	Joanie
	5:30p	Bodypump	Victor	Susie N
TUESDAY	9:10a	Just Dance will be held	9:20-10:05a	Lesley
	10:15a	Just Barre	Lesley	Jen R
	5:15p	Barre Fusion	Amy R/Susan E	Werner
	6:15p	Cycle	Bill	Amy Rosales
WEDNESDAY	5:45p	Arthritis	Pam	Janet
THURSDAY	5:30p	Barre Fusion	Rotation	Jenny H
FRIDAY	8:00a	Arthritis	Rotation	Loralee
	9:00a	Aqua Aerobics	Rotation	Loralee
	9:15a	Cycle	Lisa	Carol
	11:15a	Strength, Stability & Stretch	Liza	Tatiana
SATURDAY	8:00a	Bodycombat	Amy C/Amy R	Amy R
	9:00a	Bodypump	Victor	Amy R
	10:15a	Bodypump	Susie N	Amy C
SUNDAY	9:00a	Aqua Aerobics	Rotation	Kathy
	10:15a	Arthritis	Rotation	Kathy