

# Group Exercise Substitution Schedule

5/9/22 – 5/15/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30p	Aqua Aerobics	Susie P	Janet
TUESDAY	5:15p	Barre Fusion	Amy R/Susan E	Susan E
WEDNESDAY	11:30a	Balance & Stability	Fabian	TBA
THURSDAY	5:30p	Barre Fusion	Rotation	Susan E
FRIDAY	8:00a	Arthritis	Rotation	Janet
	8:30a	Triple Threat	Gemma	TBA
	9:00a	Aqua Aerobics	Rotation	Kathy
	9:15a	Arthritis	Kate	Marylee
	9:30a	Just Dance	Lesley's 10 Year Anniversary Celebration	
	10:30a	Arm, Core & Stretch	Lesley will not be held	
	11:15a	Strength, Stability & Stretch	Liza	Steve
SATURDAY	8:00a	Bodycombat	Amy C/Amy R	Amy R
	9:00a	Bodypump	Victor	Amy R
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie P
	9:00a	Vinyasa Flow Yoga	Tatiana	Jennifer K
	10:15a	Arthritis	Rotation	Susie P
	2:00p	Total Body Yoga	Liza	Werner