

Group Exercise Substitution Schedule

8/1/22 – 8/7/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	None Listed			
WEDNESDAY	8:00am	Aqua Arthritis	Loralee	Susie P
	9:00am	Aqua Aerobics	Loralee	Susie P
THURSDAY	9:00am	Pilates	Loralee	Werner
	9:00am	Aqua Aerobics	Carl	Jen R
	5:30pm	Barre Fusion	Rotation	Lisa
FRIDAY	6:00am	Vinyasa Flow Yoga	Loralee	Tatiana
	8:00am	Aqua Arthritis	Rotation	Kris
	9:00am	Aqua Aerobics	Rotation	Werner
	9:30am	Just Dance <i>will be Barre Fusion with Amy Rosales</i>		
	10:30am	Arm, Core & Stretch	Lesley	Lisa
SATURDAY	None Listed			
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody