

Group Exercise Substitution Schedule

8/8/22 – 8/14/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30am	Triple Threat	Jennifer K	Gemma
	9:00am	Aqua Aerobics	Susie P	Jennifer K
	12:00pm	Just Dance 101	Lesley	Jen R
	5:30pm	Aqua Aerobics	Susie P	Carl
TUESDAY	9:00am	Aqua Aerobics	Janet	Jennifer K
	9:10am	Just Dance will be Bodycombat with	Amy R	
	10:15am	Just Barre	Lesley	Werner
	5:15pm	Barre Fusion	Amy R	Susan E
WEDNESDAY	None Listed			
THURSDAY	8:30am	Bodycombat	Amy R	Amy C
	11:15am	Aqua Arthritis	Janet	Elaine
	5:30pm	Barre Fusion	Rotation	Jennifer K
FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Just Dance	Lesley	Jen R
	10:30am	Arm, Core & Stretch	Lesley	Jen R
SATURDAY	8:00am	Bodycombat	Amy R	Amy C
	9:00am	Bodypump	Victor	Amy P
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody

On Tuesday, August 16 the 9am Aqua Aerobics class will not take place.
The class will resume on Tuesday, September 6th when the pool re-opens after yearly maintenance.