

Group Exercise Substitution Schedule

9/12/22 – 9/18/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Vinyasa Flow Yoga	Jen R	Selima
TUESDAY	6:15pm	Cycle	Bill	Melissa
WEDNESDAY	None Listed			
THURSDAY	10:30am 5:30pm	Bodyump Barre Fusion will be held at 5:50pm with Werner Martin	Rotation	Amy R
FRIDAY	8:00am 9:00am	Aqua Arthritis Aqua Aerobics	Rotation Rotation	Loralee Loralee
SATURDAY	None Listed			
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Susie P Susie P