

# Group Exercise Substitution Schedule

9/19/22 – 9/25/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	8:00am 9:15am	HIIT & Core Cycle & Strength	Lora Lora	Jennifer K Susan E
WEDNESDAY	9:00am 9:30am	Core Conditioning Simply Strength	Lora Lora	Amy C Susan E
THURSDAY	9:15am 10:30am 5:30pm	Aqua Arthritis Bodypump Barre Fusion	Kate Rotation Rotation	Marylee Amy R Lisa
FRIDAY	8:00am 9:00am 9:15am	Aqua Arthritis Aqua Aerobics Aqua Arthritis	Rotation Rotation Kate	Kathy Kathy Marylee
SATURDAY	9:15am	Cycle	Melissa	Susan E
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Kathy Kathy