

# Group Exercise Substitution Schedule

9/26/22 – 10/02/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Marylee
	10:30am	Vinyasa Flow Yoga	Jen R	Tatiana
	11:45am	Gentle Yoga	Selima	Tatiana
	5:30pm	Yoga Basics	Steve	Tatiana
TUESDAY	8:00am	HIIT & Core	Lora	Gemma
	9:15am	Cycle & Strength	Lora	Susan E
	10:15am	Aqua Arthritis	Kate	Janet
WEDNESDAY	8:00am	Aqua Arthritis	Loralee	Kathy
	9:00am	Aqua Aerobics	Loralee	Kathy
	9:15am	Cycle	Lisa	Susan E
THURSDAY	8:00am	Aqua Arthritis	Loralee	Marylee
	9:00am	Pilates	Loralee	Werner
	10:30am	Bodyump	Rotation	Amy C
	5:30pm	Barre Fusion	Rotation	Jenny
FRIDAY	8:00am	Aqua Arthritis	Rotation	Loralee
	9:00am	Aqua Aerobics	Rotation	Loralee
	9:15am	Cycle	Lisa	Carol
SATURDAY	None Listed			
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P