

Group Exercise Substitution Schedule

10/03/22 – 10/09/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30pm	BodyPump	Victor	Carol
TUESDAY	6:15pm	Cycle	Bill	Lora
WEDNESDAY	8:00am	Aqua Arthritis	Loralee	Janet
	9:00am	Aqua Aerobics	Loralee	Janet
	9:15am	Cycle	Lisa	Susan E
THURSDAY	8:00am	Aqua Arthritis	Loralee	Marylee
	9:00am	Pilates	Loralee	Werner
	10:30am	Bodypump	Rotation	Victor
	5:30pm	Barre Fusion	Rotation	Amy C
FRIDAY	6:00am	Vinyasa Flow Yoga	Loralee	Steve
	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:15am	Cycle	Lisa	Carol
SATURDAY	9:00am	Bodypump	Victor	Amy R
	10:15am	Bodypump	Susie N	Victor
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody