

# Group Exercise Substitution Schedule

11/28/22 – 12/4/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15am	Aqua Arthritis	Marylee	Kris
	10:15am	Aqua Arthritis	Pam	Susie P
TUESDAY	9:00am	Pilates Power Walking will not be held on 11/29 and resume 12/6		
	4:45pm	Yoga Tune-up	Werner	Tatiana
WEDNESDAY	8:00am	Aqua Arthritis	Loralee	Marylee
	9:00am	Aqua Aerobics	Loralee	TBA
	9:30am	Adult Ballet will not be held on 11/30 and resume on 12/7		
	5:45pm	Aqua Arthritis	Pam	Janet
THURSDAY	8:00am	Aqua Arthritis	Loralee	Kate
	9:00am	Pilates	Loralee	Susan E
	10:15am	Bodypump	Rotation	Amy Rosales
	4:45pm	Yoga Tune-up	Werner	Tatiana
	5:30pm	Barre Fusion	Rotation	Jenny H
FRIDAY	6:00am	Vinyasa Flow Yoga	Loralee	Steve
	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	10:20am	Adult Ballet will not be held on 12/2 and resume 12/9		
	11:15am	Heart Plus Toning	Werner	Kris
SATURDAY	10:15am	Power Yoga	Susan E	Liza
SUNDAY	8:30am	Cycle	Susan E	Carol
	9:00am	Aqua Aerobics	Rotation	Susie P
	9:30am	Strength & Core will be Bodypump with Carol		
	10:00am	Aqua Arthritis	Rotation	Susie P