

# Group Exercise Substitution Schedule

12/5/22 – 12/11/22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	4:45pm	Aqua Arthritis	Janet/Joanie	Janet
WEDNESDAY	None Listed			
THURSDAY	10:30am 5:30pm	Bodyump Barre Fusion	Rotation Rotation	Victor Lisa
FRIDAY	8:00am 9:00am	Aqua Arthritis Aqua Aerobics	Rotation Rotation	Kathy Kathy
SATURDAY	10:15am	Power Yoga	Susan E	Liza
SUNDAY	8:30am 9:00am 9:30am 10:00am	Cycle Aqua Aerobics Strength & Core Aqua Arthritis	Susan E Rotation Susan E Rotation	Selima Jody TBA Jody