

Group Exercise Substitution Schedule

1/23/23 – 1/29/23

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Susie
	5:30pm	Bodyump	Victor	Carol
TUESDAY	8:00am	HIIT My Zone	Lora	Amy C
	9:15am	Cycle & Strength	Lora	Susan E
	5:30pm	Cycle	Bill	Carol
WEDNESDAY	9:00am	Core Conditioning	Lora	Werner
	9:30am	Simply Strength	Lora	Susan E
	5:45pm	Aqua Arthritis	Pam	Janet
THURSDAY	9:00am	Aqua Aerobics	Carl	Werner
	10:30am	Bodyump	Rotation	Amy R
	5:30pm	Barre Fusion	Rotation	Jenny
	5:30pm	Cycle	Carol	Bill
FRIDAY	8:00am	Aqua Arthritis	Rotation	Loralee
	9:00am	Aqua Aerobics	Rotation	Loralee
	9:15am	Cycle	Lisa	Susan E
	9:30am	Just Dance will be BeMoved Dance with Joanie		
	10:15am	Aqua Arthritis	Pam	Marylee
	10:30am	Arm, Core & Stretch	Lesley	Loralee
SATURDAY	9:00am	Bodyump	Victor	Amy R
	9:15am	Aqua Arthritis	Pam	Canella
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:00am	Aqua Arthritis	Rotation	Susie P