

Group Exercise Substitution Schedule

3/13/23 – 3/19/23

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Marylee
	11:45am	Gentle Yoga	Selima	Tatiana
	5:30pm	Aqua Aerobics	Susie P	Carl
TUESDAY	8:00am	My Zone HIIT	Lora	Amy C
	9:15am	Cycle	Lora	Bill
	10:15am	Aqua Arthritis	Kate	Marylee
WEDNESDAY	8:00am	Aqua Arthritis	Rotation	Kathi
	9:00am	Aqua Aerobics	Rotation	Kathi
	5:45pm	Aqua Arthritis	Pam	Janet
THURSDAY	8:00am	Aqua Arthritis	Rotation	Marylee
	9:15am	Aqua Arthritis	Kate	Marylee
	10:30am	Bodyump	Rotation	Victor
	5:30pm	Barre Fusion	Rotation	Janine
FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Just Dance will be BeMoved dance	with Joanie	
	10:30am	Arm, Core and Stretch	Lesley	Melissa
SATURDAY	9:15am	Aqua Arthritis	Pam	Canella
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P