

Group Exercise Substitution Schedule

5/29/23 – 6/04/23

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	CLUB HOURS: 7AM – 1PM			
TUESDAY	None Listed			
WEDNESDAY	5:45pm	Aqua Arthritis	Pam	Janet
THURSDAY	10:30am	Bodypump	Amy R/Victor	Amy R
FRIDAY	8:00am	Aqua Arthritis	Kathy/Jody	Kate
	9:00am Aqua Aerobics will be 9:25am – 10:15am with Werner			
	9:30am	Just Dance	Lesley	Christie
	9:30am	Cycle	Lisa H	Susan E
	10:30am	Arm, Core & Stretch	Lesley	Christie
SATURDAY	9:00am	Bodypump	Victor	AmyR
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P

**A SPECIAL HOLIDAY 5-DAY
GROUP EXERCISE SCHEDULE
WILL TAKE PLACE
THURSDAY, MAY 25 – MONDAY, MAY 29.**

**IT IS AVAILABLE ON OUR WEBSITE, PHONE APP AND AT
THE FRONT DESK.**

