

Group Exercise Substitution Schedule

September 18th – September 24th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	8:00am	My Zone HIIT	Lora	Amy C
	9:15am	Cycle & Strength	Lora	Susan E
WEDNESDAY	9:00am	Core Conditioning	Lora	Susan E
	9:30am	Simply Strength	Lora	Susan E
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Kathy
	9:00am	Aqua Aerobics	Rotation	Kathy
	9:30am	Cycle	Lisa	Susan E
SATURDAY	None Listed			
SUNDAY	9:00am	Aqua Aerobics	Rotation	Kathy
	10:15am	Aqua Arthritis	Rotation	Kathy