

Group Exercise Substitute Schedule

July 22nd– July 28th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	6:00am	Bootcamp	Aaron	Fabian
TUESDAY	8:00am	My Zone HIIT	Lora	Jennifer
	9:00am	Power Yoga	New Instructor:	Brook
	9:15am	Cycle & Strength	Lora	Susan E
WEDNESDAY	6:00am	Bootcamp	Aaron	Fabian
	9:00am	Core Conditioning	Lora	Werner
	9:30am	Simply Strength	Lora	Susan E
THURSDAY	9:00am	Aqua Aerobics	Carl	Diane
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
SATURDAY	9:00am	Bodypump	Jennifer	Amy R
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susan F
	10:15am	Aqua Arthritis	Rotation	Susan F