

Group Exercise Substitution Schedule

7/26/21 – 8/1/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:45a	Yoga Basics	Liza	Susan E
	5:30p	Yoga Basics	Marjorie	Marlene
TUESDAY	9:00a	Aqua Aerobics	Rotation	Loralee
	10:15a	Arthritis	Kate/Kris	Kris
WEDNESDAY	9:15a	Chair Yoga	Elaine	Canella
	5:30p	Core Yoga	Sandra	Steve
THURSDAY	9:15a	Arthritis	Kate	Pam
	5:30p	Barre Fusion class held in the main studio		Werner
FRIDAY	8:00a	Arthritis	Rotation	Loralee
	8:30a	Triple Threat	Gemma	Amy R
	9:00a	Aqua Aerobics	Rotation	Loralee
	9:15a	Arthritis	Kate	Pam
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy C
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie
	9:00a	Vinyasa Flow Yoga	Liza	Tatiana
	10:15a	Arthritis	Rotation	Susie
	2:00p	Total Body Yoga	Liza	Sandra