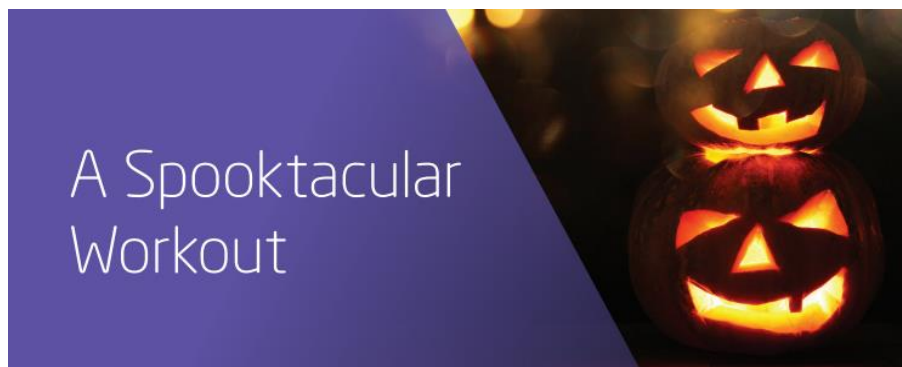


Group Exercise Substitution Schedule

10/25/21 – 10/31/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:30am	BeMoved will not be held on 10/18 & 10/25		
TUESDAY	None Listed			
WEDNESDAY	9:15a	Chair Yoga	Elaine	Steve
THURSDAY	9:30a 5:35p	Barre Fusion Barre Fusion will be held in the mind body studio with	Janine	Lisa Lisa
FRIDAY	9:00a 10:00a	Aqua Aerobics Adult Ballet with Werner	Rotation	Jody class time changed to 10:20-11:10a
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy R
SUNDAY	9:00a 9:00a	Vinyasa Flow Yoga Aqua Aerobics	Liza Rotation	Tatiana Susie



Friday, October 29

Wear your best costume and visit the Center for our Halloween-themed group exercise classes. Members who wear a costume will be entered to win a prize!

- 5:30 am Burpees, Bicep and Boo's with Amy K.
- 8:30 am Spooktacular Sweat Fest with Gemma
- 9:00 am H2O Monster Mash with Jody
- 9:15 am Spooky Sweets and Sweat Ride with Lisa
- 9:15 am Water Witches Arthritis with Kate
- 9:30 am Just Dance Halloween with Lesley
- 10:00 am Bone-Chilling and Hair-Raising Chair Yoga with Audrey
- 10:00 am BOO Bash Ballet with Werner
- 10:15 am Splash and Bone Bash Arthritis with Pam
- 11:15 am Haunted Heart Plus Toning with Werner
- 12:30 pm Raising the Spirits Yoga with Marlene