

Group Exercise Substitution Schedule

September 25th – October 1st

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30am	Total Body Burn	Jennifer K	Amy R
TUESDAY	9:00am 4:45pm	Aqua Aerobics Aqua Arthritis	Janet Janet	Susan F Pam
WEDNESDAY	9:15am	Cycle	Lisa	Susan E
THURSDAY	9:30am	Barre Fusion	Janine	Susan E
FRIDAY	8:00am 9:00am 10:00am 10:15am	Aqua Arthritis Aqua Aerobics Chair Yoga Aqua Arthritis	Rotation Rotation Audrey Pam	Marylee Susan F Steve Marylee
SATURDAY	9:15am 10:15am	Aqua Arthritis Bodypump	Pam Loralee	Canella TBA
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Kathy Kathy



Discover how using a wall can deepen your understanding of proper alignment in a variety of yoga poses. This one-hour class will expand your understanding of the intent of various yoga postures. Improved alignment will help you express your poses in a way that increases the benefit you receive each time you practice.

Date and Time

Saturday, September 30
11:30 AM - 12:30 pm

Location

Wellness Studio

