

Group Exercise Substitution Schedule

November 13th – November 19th

| DAY | TIME | CLASS | INSTRUCTOR | SUBSTITUTE |
|-----------|-------------|-----------------|---------------------------|------------|
| MONDAY | 10:15am | Aqua Arthritis | Pam | Marylee |
| | 11:45am | Aqua Arthritis | Kris | Susie P |
| | 12:45pm | Aqua Arthritis | Kris | Susie P |
| | 6:00pm | Aqua Arthritis | Kris | Janet |
| TUESDAY | None Listed | | | |
| WEDNESDAY | 5:45pm | Aqua Arthritis | Pam | Janet |
| THURSDAY | None Listed | | | |
| FRIDAY | 8:00am | Aqua Arthritis | Will not be held on 11/17 | |
| | 9:00am | Aqua Aerobics | Rotation | Susan F |
| | 9:00am | Total Body Yoga | Tatiana | Werner |
| SATURDAY | 9:15am | Aqua Arthritis | Pam | Canella |
| SUNDAY | 9:00am | Aqua Aerobics | Rotation | Susie P |
| | 10:15am | Aqua Arthritis | Rotation | Susie P |