

# Group Exercise Substitution Schedule

November 27<sup>th</sup> – December 3<sup>rd</sup>

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30am	Total Body Burn	<i>will not be held</i>	
	9:30am	Barre Fusion	Janine	Susan E
	10:15am	Aqua Arthritis	Pam	Marylee
	5:30pm	All Levels Yoga	Steve	Tatiana
	7:00pm	Gentle Yoga	Steve	Tatiana
TUESDAY	10:15am	Bodypump	Amy R	Carol
	11:30am	Restorative Yoga	Steve	Werner
	4:45pm	Aqua Arthritis	Janet	Kris
	5:15pm	Barre Fusion	Amy R	Amy C
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Tatiana
	5:45pm	Aqua Arthritis	Pam	Joanie
THURSDAY	9:15am	Aqua Arthritis	Kate	Pam
	11:30am	Restorative Yoga	Steve	Werner
	<u>5:30pm</u>	<u>Pilates will not be held</u>		
FRIDAY	8:00am	Aqua Arthritis	Rotation	Kathy
	9:00am	Aqua Aerobics	Rotation	Kathy
	9:15am	Aqua Arthritis	Kate	Marylee
SATURDAY	10:15am	Bodypump	Loralee	TBA
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P