

Group Exercise Substitution Schedule

December 4th – December 10th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30	Vinyasa Flow Yoga	Susan E	Tatiana
TUESDAY	10:15am 11:30am	Aqua Arthritis Restorative Yoga	Kate Steve	Marylee Werner
WEDNESDAY	None Listed			
THURSDAY	11:30am	Restorative Yoga	Steve	Werner
FRIDAY	8:00am 9:00am 9:15am	Aqua Arthritis Aqua Aerobics Aqua Arthritis	Rotation Rotation Kate	Jodi Jodi Marylee
SATURDAY	None Listed			
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Jodi Jodi