

Group Exercise Substitute Schedule

January 15th – January 21st

| DAY | TIME | CLASS | INSTRUCTOR | SUBSTITUTE |
|-----------|-------------|-------------------|------------|------------|
| MONDAY | 10:15am | Aqua Arthritis | Pam | Marylee |
| TUESDAY | None Listed | | | |
| WEDNESDAY | 9:15am | Cycle | Lisa | Susan E |
| | 5:30pm | Vinyasa Flow Yoga | Tatiana | Loralee |
| | 5:30pm | Bodypump | Carol | Victor |
| | 5:45pm | Aqua Arthritis | Pam | Diane |
| THURSDAY | 9:00am | Aqua Aerobics | Carl | Diane |
| | 5:30pm | Cycle | Carol | Melissa |
| FRIDAY | 8:00am | Aqua Arthritis | Rotation | Jody |
| | 9:00am | Aqua Aerobics | Rotation | Jody |
| | 9:00am | Total Body Yoga | Tatiana | Mary Clare |
| | 9:30am | Cycle | Lisa | Susan E |
| | 10:00am | Chair Yoga | Audrey | Elaine |
| | 10:15am | Aqua Arthritis | Pam | Marylee |
| SATURDAY | 9:15am | Aqua Arthritis | Pam | Diane |
| SUNDAY | 9:00am | Aqua Aerobics | Rotation | Susie P |
| | 9:00am | Vinyasa Flow Yoga | Tatiana | Selima |
| | 10:15am | Aqua Arthritis | Rotation | Susie P |
| | 2:00pm | Total Body Yoga | Tatiana | Werner |