

Group Exercise Substitute Schedule

February 19th – February 25th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	12:00pm	Just Dance 101 is BeMoved dance	with Joanie	
TUESDAY	10:15am 11:30am	Aqua Arthritis Restorative Yoga	Kate Steve	Pam Werner
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Tatiana
THURSDAY	11:30am	Restorative Yoga	Steve	Werner
FRIDAY	8:00am 9:00am 10:15am	Aqua Arthritis Aqua Aerobics Aqua Arthritis	Rotation Rotation Pam	Jody Jody Marylee
SATURDAY	9:15am	Aqua Arthritis	Pam	Diane
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Jody Jody