

# Group Exercise Substitute Schedule

April 1<sup>st</sup> – April 7<sup>th</sup>

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Marylee
	6:00pm	Aqua Arthritis	Diane	Kris
TUESDAY	4:45pm	Aqua Arthritis	Diane	Janet
WEDNESDAY	5:30pm	Vinyasa Flow Yoga	Tatiana	Loralee
	5:45pm	Aqua Arthritis	Pam	Susan F
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:00am	Total Body Yoga	Tatiana	Mary Clare
	10:15am	Aqua Arthritis	Pam	Marylee
SATURDAY	9:00am	Cycle	Melissa	Bill
	9:15am	Aqua Arthritis	Pam	Canella
SUNDAY	9:00am	Vinyasa Flow Yoga	Tatiana	Marjorie
	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P
	2:00pm	Total Body Yoga	Tatiana	Werner