

Group Exercise Substitute Schedule

April 22nd – April 28th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am 5:30pm 7:00pm	Aqua Arthritis All Levels Yoga Gentle Yoga	Pam Steve Steve	Susie P Tatiana Tatiana
TUESDAY	None Listed			
WEDNESDAY	9:00am 930am	Core Conditioning Simply Strength	Lora Lora	Werner Susan E
THURSDAY	None Listed			
FRIDAY	8:00am 9:00am 9:30am	Aqua Arthritis Aqua Aerobics Cycle	Rotation Rotation Lisa	Jody Jody Susan E
SATURDAY	9:15am	Aqua Arthritis	Pam	Marylee
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Jody Jody