

Group Exercise Substitute Schedule

May 6th – May 12th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	5:30am	Bodyump	Loralee	Carol
	10:15am	Bodyump	Amy R	Jennifer
	5:15am	Barre Fusion	Amy R	Lisa
WEDNESDAY	6:00am	Bootcamp	Aaron	Niko
	9:15am	Aqua Arthritis	Joanie	Pam
	10:30am	BeMoved	Joanie	Lesley
	5:30pm	Vinyasa Flow Yoga	Tatiana	Marjorie
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Kathy
	9:00am	Aqua Aerobics	Rotation	Kathy
	9:00am	Total Body Yoga will be Yoga with Weights with Audrey 9:00 – 9:55am		
	9:30am	Cycle	Lisa	Susan E
SATURDAY	10:15am	Bodyump	Loralee	Victor
SUNDAY	9:00am	Vinyasa Flow Yoga	Tatiana	Jennifer
	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody
	2:00pm	Total Body Yoga	Tatiana	Werner