

Group Exercise Substitute Schedule

May 13th – May 19th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	None Listed			
WEDNESDAY	8:00am	Aqua Arthritis	Janet	Susan F
	9:00am	Aqua Aerobics	Janet	Susan F
	5:30pm	Vinyasa Flow Yoga	Tatiana	Loralee
THURSDAY	9:15am	Aqua Arthritis	Kate	Marylee
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:00am	Total Body Yoga	Tatiana	Steve
	9:15am	Aqua Arthritis	Kate	Marylee
SATURDAY	9:00am	Bodypump	Victor	Amy R
SUNDAY	9:00am	Vinyasa Flow Yoga	Tatiana	Loralee
	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P
	2:00pm	Total Body Yoga	Tatiana	Marjorie