

Group Exercise Substitute Schedule

April 29th – May 5th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30pm	All Levels Yoga	Steve	Marjorie
	7:00pm	Gentle Yoga	Steve	Marjorie
TUESDAY	11:30am	Restorative Yoga	Steve	Werner
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Marjorie
	5:45pm	Aqua Arthritis	Pam	Canella
THURSDAY	8:30am	Bodycombat	Amy R	Gemma
	10:15am	Restorative Yoga	Steve	Werner
	11:30am	Restorative Yoga	Steve	Werner
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	8:30am	Tabata Sculpt & Core	Susan E	Niko
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:00am	Total Body Yoga	Tatiana	Susan E
SATURDAY	8:00am	Bodycombat	Amy R	Gemma
SUNDAY	8:30am	Cycle	Susan E	Lora
	9:00am	Vinyasa Flow Yoga	Tatiana	Susan E
	9:00am	Aqua Aerobics	Rotation	Susie P
	9:30am	Strength & Core	Susan E	Lora
	10:15am	Aqua Arthritis	Rotation	Susie P
	2:00pm	Total Body Yoga	Tatiana	Werner