

# Group Exercise Substitute Schedule

## June 17<sup>th</sup> – June 23<sup>rd</sup>

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15am	Aqua Arthritis	Marylee	Susan F
	9:30am	Barre Fusion	Janine	Jennifer
	9:30am	Tai Chi	Audrey	Kris
	10:15am	Aqua Arthritis	Pam	Marylee
	10:30am	Heart Plus Tone	Audrey	Werner
	11:45am	Gentle Yoga	Mary Clare	Marjorie
TUESDAY	9:15am	Aqua Arthritis	Kate	Susan
	5:15pm	Barre Fusion	Amy R	Lisa
	5:30pm	Cycle	Bill	Melissa
WEDNESDAY	11:30am	Balance & Stability	Fabian	Carol
	11:30am	Total Body Yoga	Mary Clare	Brook
THURSDAY	9:30am	Barre Fusion	Janine	Susan E
FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Just Dance	Lesley	Christie
	10:00am	Chair Yoga	Audrey	Elaine
	10:30am	Arm, Core & Stretch	Lesley	Christie
SATURDAY	9:00am	Bodypump	Jennifer/Amy R	Jennifer
SUNDAY	9:00am	Aqua Aerobics	Rotation	Kathy
	10:15am	Aqua Arthritis	Rotation	Kathy