

Group Exercise Substitute Schedule

July 8th – July 14th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:30am 10:30am	Tai Chi last class to be held 7/8 with Heart Plus Tone	Audrey	Kris Werner
TUESDAY	5:30pm	Cycle	Bill	Melissa
WEDNESDAY	11:30am	Balance & Stability	Fabian	Carol
THURSDAY	None Listed			
FRIDAY	8:00am 9:00am 10:00am	Aqua Arthritis Aqua Aerobics Chair Yoga	Rotation Rotation Audrey	Kathy Kathy Elaine
SATURDAY	9:00am	Bodycombat	Amy R	Jennifer
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Susie P Susie P