

Group Exercise Substitute Schedule

July 15th – July 21st

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	9:00am	Power Yoga	Susan E	Brook
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Brook
	9:15am	Chair Yoga	Elaine	Brook
THURSDAY	10:15am	Restorative Yoga	Steve	Brook
	11:15am	Aqua Arthritis	Janet	Kathy
	11:30am	Restorative Yoga	Steve	Brook
FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Cycle	Lisa	Susan E
SATURDAY	10:15am	Bodyump Launch Release #129 with	Victor & Loralee	
	10:15am	Aqua Yoga	Canella	Joanie
	11:15am	Aqua Yoga	Canella	Joanie
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P