

Group Exercise Substitute Schedule

September 2 – September 8

| DAY | TIME | CLASS | INSTRUCTOR | SUBSTITUTE |
|-----------|--|---------------------------|------------|------------|
| MONDAY | A SPECIAL HOLIDAY SCHEDULE IS POSTED FOR 8/28 – 9/3. COPIES ARE AVAILABLE IN-HOUSE AND ON OUR WEBSITE | | | |
| TUESDAY | 5:30am | Bodypump will not be held | | |
| WEDNESDAY | 9:00am | Core Conditioning | Lora | Werner |
| | 9:15am | Chair Yoga | Elaine | Brook |
| | 9:30am | Simply Strength | Lora | Susan E |
| | 5:30pm | Vinyasa Flow Yoga | Tatiana | Marjorie |
| THURSDAY | None Listed | | | |
| FRIDAY | 8:00am | Aqua Arthritis | Rotation | Kathy |
| | 9:00am | Aqua Aerobics | Rotation | Kathy |
| | 9:00am | Total Body Yoga | Tatiana | Brook |
| | 9:15am | Aqua Arthritis | Kate | TBA |
| SATURDAY | 9:00am | Bodypump | Jennifer | Victor |
| SUNDAY | 9:00am | Aqua Aerobics | Rotation | Jody |
| | 9:00am | Vinyasa Flow Yoga | Tatiana | Brook |
| | 10:15am | Aqua Arthritis | Rotation | Jody |
| | 2:00pm | Total Body Yoga | Tatiana | Brook |