

Group Exercise Substitute Schedule

August 5th – August 11th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30pm	All Levels Yoga	Steve	Brook
	6:00pm	Aqua Arthritis	Diane	Kris
	6:40pm	Gentle Yoga	Steve	Brook
TUESDAY	5:30am	Bodypump	Loralee	Carol
	11:30am	Restorative Yoga	Steve	Brook
	4:45pm	Aqua Arthritis	Diane	Janet
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Brook
	5:30pm	Vinyasa Flow Yoga	Tatiana	Mary Clare
THURSDAY	5:30am	Bodypump	Loralee	Carol
	10:15am	Restorative Yoga	Steve	Brook
	10:30am	Bodypump	Michelle	Amy R
	11:15am	Aqua Arthritis	Janet	Diane
	11:30am	Restorative Yoga	Steve	Brook
FRIDAY	8:00am	Aqua Arthritis	Rotation	Kathy
	9:00am	Aqua Aerobics	Rotation	Kathy
	9:00am	Total Body Yoga	Tatiana	Mary Clare
	9:30am	Just Dance	Lesley	Kristin
	9:30am	Cycle	Lisa	Susan E
	10:00am	Chair Yoga	Elaine	Brook
	10:15am	Aqua Arthritis	Pam	Marylee
	10:20am	Adult Ballet	Werner	Christie
	10:30am	Arm, Core & Stretch	Lesley	Susan E
SATURDAY	New Class: 9:00am Just Dance with Kristin in the mind body studio			
	9:15am	Aqua Arthritis	Pam	Marylee
	10:15am	Bodypump	Loralee	Amy R
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody