

Group Exercise Substitute Schedule

August 12th – August 18th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am 12:00pm	Heart Plus Toning Just Dance 101	Werner Lesley	Kris Joanie
TUESDAY	5:30am 9:00am	Bodypump Aqua Aerobics	Loralee Janet	Carol Susan F
WEDNESDAY	8:00am 9:00am 9:15am	Aqua Arthritis Aqua Aerobics Chair Yoga	Janet Janet Elaine	Susan F Susan F Brook
THURSDAY	5:30am 11:15am	Bodypump Aqua Arthritis	Loralee Janet	Carol Werner
FRIDAY	8:00am 9:00am	Aqua Arthritis Aqua Aerobics	Rotation Rotation	Kathy Kathy
SATURDAY	New Class: 9:00am 9:00am 10:15am	Just Dance with Kristin in the mind body studio Bodypump Bodypump	Jennifer Loralee	Amy R Michelle
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Susie P Susie P