

Group Exercise Substitute Schedule

October 28 – November 3

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Heart Plus Toning	Audrey	Kris
	5:30pm	All Levels Yoga	Steve	Tatiana
	6:40pm	Yin Yoga	Steve	Tatiana
TUESDAY	10:15am	Aqua Arthritis	Kate	Marylee
	11:30am	Yin Yoga	Steve	Brook
	4:45pm	Yoga Tune-up	Werner	Loralee
	5:15pm	Barre Fusion	Amy R	Werner
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Loralee
	9:15am	Cycle	Lisa	Carol
	5:45pm	Aqua Arthritis	Pam	Diane
THURSDAY	11:15am	Aqua Arthritis	Janet	Pam
	10:15am & 11:30am	--Yin Yoga	Steve	Brook
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:30am	Cycle	Lisa	Susan E
	11:30am	Balance & Stability	Fabian	Carol
SATURDAY	10:15am	Bodypump	Loralee	TBA
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P