

Group Exercise Substitute Schedule

July 29th – August 4th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	8:00am	My Zone HIIT	Lora	Susan E
	9:00am	Power Yoga	New Instructor:	Brook
	9:15am	Cycle & Strength	Lora	Susan E
WEDNESDAY	9:00am	Core Conditioning	Lora	Werner
	9:30am	Simply Strength	Lora	Susan E
	5:30pm	Vinyasa Flow Yoga	Tatiana	Loralee
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:00am	Total Body Yoga	Tatiana	Mary Clare
SATURDAY	None Listed			
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P