

Group Exercise Substitute Schedule

September 9 – September 15

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30am	Total Body Burn	Jennifer	Victor
TUESDAY	8:00am	My Zone HIIT	Lora	Susan E
	9:15am	Cycle & Strength	Lora	Susan E
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	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:00am	Total Body Yoga	Tatiana	Brook
SATURDAY	9:00am	Bodypump	Jennifer	Amy R
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	9:00am	Vinyasa Flow Yoga	Tatiana	Brook
	10:15am	Aqua Arthritis	Rotation	Susie P
	2:00pm	Total Body Yoga	Tatiana	Brook