

Group Exercise Substitute Schedule

September 16 – September 22

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30am	Total Body Burn	Jennifer	Werner
TUESDAY	None Listed			
WEDNESDAY	9:15am	Chair Yoga	Elaine	Loralee
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	12:30pm	Therapeutic Yoga	Marlene	Steve
SATURDAY	9:15am	Cycle	Melissa	Bill
SUNDAY	9:00am	Aqua Aerobics	Rotation	Kathy
	10:15am	Aqua Arthritis	Rotation	Kathy