

Group Exercise Substitute Schedule

September 23 – September 29

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Vinyasa Flow Yoga	Marjorie	Brook
	12:00pm	Just Dance 101 is BeMoved with Joanie	Joanie	
	5:30pm	Bodyump	Carol	Loralee
TUESDAY	None Listed			
WEDNESDAY	9:15am	Chair Yoga	Elaine	Brook
THURSDAY	9:30am	Barre Fusion	Janine	Susan E
	10:30am	Bodyump	Michelle	Loralee
	5:30pm	Cycle	Carol	Amy R
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	10:15am	Aqua Arthritis	Pam	Marylee
SATURDAY	9:15am	Cycle	Melissa	Lora
	9:15am	Aqua Arthritis	Pam	Marylee
	10:15am	Bodyump	Loralee	Michelle
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P