

Group Exercise Substitute Schedule

September 30 – October 6

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	5:30am	Bodypump	Loralee	Carol
WEDNESDAY	None Listed			
THURSDAY	None Listed			
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:30am	Cycle	Lisa	Susan E
	10:00am	Chair Yoga	Audrey	Brook
SATURDAY	8:00am	Bodycombat	Amy R	Jennifer
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P