

Group Exercise Substitute Schedule

October 21 - October 27

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Marylee
	5:30pm	All Levels Yoga	Steve	Tatiana
	6:40pm	Yin Yoga	Steve	Tatiana
TUESDAY	11:30am	Yin Yoga	Steve	Brook
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Loralee
	5:45pm	Aqua Arthritis	Pam	Diane
THURSDAY	9:15am	Aqua Arthritis	Kate	Marylee
	10:15am & 11:30am	--Yin Yoga	Steve	Brook
FRIDAY	8:00am	Aqua Arthritis	Rotation	Loralee
	9:00am	Aqua Aerobics	Rotation	Loralee
	9:15am	Aqua Arthritis	Kate	Marylee
	10:15am	Aqua Arthritis	Pam	Marylee
SATURDAY	9:15am	Aqua Arthritis	Pam	Diane
SUNDAY	9:00am	Aqua Aerobics	Rotation	Kathy
	10:15am	Aqua Arthritis	Rotation	Kathy