

# Group Exercise Substitute Schedule

## November 4 – November 10

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	9:10am	Just Dance	Lesley	Susie
	10:15am	Just Barre	Lesley	Werner
	11:30am	Yin Yoga	Steve	Brook
	5:15pm	Barre Fusion	Amy R	Jennifer
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Loralee
	9:15am	Cycle	Lisa	Susan E
THURSDAY	9:30am	Barre Fusion	Janine	Susan E
	10:15am & 11:30am	--Yin Yoga	Steve	Brook
FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Just Dance	Lesley	Kristin
	9:30am	Cycle	Lisa	Susan E
	10:30am	Arm, Core & Stretch	Lesley	Susan E
	11:30am	Balance & Stability	Fabian	Carol
SATURDAY	None Listed			
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody