

# Group Exercise Substitute Schedule

## November 11 – November 17

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30pm 6:00pm 6:40pm	All Levels Yoga Aqua Arthritis Yin Yoga	Steve Diane Steve	Tatiana Kris Tatiana
TUESDAY	11:30am 4:45pm	Yin Yoga Aqua Arthritis	Steve Diane	Brook Janet
WEDNESDAY	9:15am 11:30am	Cycle Balance & Stability	Lisa Fabian	Susan E Audrey
THURSDAY	9:15am	Heart Plus Toning	Diane	Kris
FRIDAY	8:00am 9:00am 11:30am	Aqua Arthritis Aqua Aerobics Balance & Stability	Rotation Rotation Fabian	Kathy Kathy Carol
SATURDAY	None Listed			
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Susie P Susie P