

Group Exercise Substitute Schedule

November 18 – November 24

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	6:00pm	Aqua Arthritis	Diane	Kris
TUESDAY	4:45pm	Aqua Arthritis	Diane	Janet
WEDNESDAY	None Listed			
THURSDAY	9:15am	Heart Plus Toning	Diane	Kris
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
SATURDAY	9:00am	Bodypump	Jennifer	Amy R
SUNDAY	9:00am	Aqua Aerobics	Rotation	Kathy
	10:15am	Aqua Arthritis	Rotation	Kathy