



GROUP EXERCISE SUBSTITUTES

JUNE 2024

Sunday 8:30 AM Slow Flow

6/9 - Elif Albuz
6/16 - Elif Albuz
6/23 - Liz Linehan
6/30 - Liz Linehan

Friday 5:30 PM Yoga Strength & Stretch

6/7 - Elif Albuz
6/14 - Elif Albuz
6/21 - Elif Albuz
6/28 - Elif Albuz

Wednesday 6/19 6:45 PM Yoga 4 All - Elif Albuz

Friday 6/21 - 8:30 AM Barre Sculpt - Lisa Roper

Saturday 6/22 9:30 AM Yoga for All - Liz Linhan