

# GROUP EX CLASS UPDATES

## GROUP EX SUBSTITUTE INSTRUCTORS

DATE	TIME	CLASS	ORIGINAL INSTRUCTOR	SUB INSTRUCTOR	LOCATION
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*Format and instructors are subject to change without notice.*

**FOR MORE INFORMATION,**  
check the Valley Health Wellness Fitness App or  
vhwelldfit.com for our full Group Exercise Class Schedule.

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 **ValleyHealth**  
Wellness & Fitness