

Group Exercise Substitution Schedule

3/12/2018—3/18/2018

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Arthritis	Marylee	Lora
	8:00a	Gentle Yoga	Sheila	Wendy
	9:00a	Arthritis	Marylee	Susan A.
	9:15a	Power Yoga	Maryanna	Liza
	10:00a	Arthritis	Marylee	Kris
TUESDAY	9:00a	Pilates Mat – moved to the Mind/Body Studio (for this date only)		
	10:30a	Tai Chi – cancelled (for this date only)		
	11:30a	Strength & Balance	Dale	Diane
WEDNESDAY	9:00a	Core Conditioning	Lora	Werner
	9:30a	Simply Strength	Lora	Werner
	10:30a	Foam Rolling	Lora	Werner
THURSDAY	9:30a	Barre Bootcamp	Janine	Werner
	11:30a	Strength & Balance	Dale	Diane
FRIDAY	8:00a	Arthritis	Dale	Susan A.
	9:15a	Cycle	Lisa	Bill
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Kaye
	8:30a	Vinyasa Flow Yoga	Rotation	Suzann E.
	9:00a	Body Pump	Kaye/Denise	Kaye
	9:00a	Arthritis	Pam	Marylee
	10:30a	Fit for Life	Diane/Susan A.	Susan A.
SUNDAY	8:00a	Cycle	Michele/Bill	Michele
	9:00a	Aqua	Rotation	Jody
	9:10a	Body Pump	Rotation	Loralee
	10:00a	Arthritis	Rotation	Jody