

Group Exercise Substitution Schedule

5/14/18 – 5/20/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	No subs listed.			
TUESDAY	4:30p	Total Body Conditioning	Amy P.	Jessica
WEDNESDAY	6:00a	Cycle	Amy	Bill
	5:30p	Cycle	Melissa	Dale/Amy
THURSDAY	9:15a	Cycle	Melissa	Suzann E.
FRIDAY	5:30a	Cardio & Core Tabata	Amy K.	Stephen
	9:00a	Arthritis	Kate	Susan A.
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Kaye
	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Kaye
	9:15a	Cycle	Melissa	Suzann E.
	10:30a	Fit for Life	Rotation	Dale
	10:30a	Body Pump	Loralee	Amy
	10:30A	Yogalates	Amy	Suzann
SUNDAY	9:00a	Aqua	Rotation	Diane
	9:10a	Body Pump	Rotation	Loralee
	10:00a	Arthritis	Rotation	Diane
	11:30a	Yoga Sculpt	Liza	Werner
	1:00p	Total Body Yoga	Liza	Suzann E.