

Group Exercise Substitution Schedule

7/9/18 – 7/15/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Cycle Express	Julie	Amy P.
	9:15a	Power Yoga	Maryanna	Sheila
	11:00a	Yoga Basics	Liza	Stephanie
TUESDAY	8:00a	Core Conditioning	Lora D.	Brock
	10:00a	Arthritis	Dale	Marylee
	10:30a	Soft Tai Chi/Qi Gong	Liza	Andrew
	11:30a	Total Body Yoga	Liza	Suzann E.
	11:30a	Strength & Balance	Dale	Diane
	6:30p	Body Pump Express	Stephen	Victor
WEDNESDAY	8:00a	Circuits	Stephen	Brock
	9:00a	Arthritis	Amy K.	Susie P.
	5:30p	Arthritis	Andrew	Terry
THURSDAY	12:00p	Strength & Balance	Dale	Diane
FRIDAY	5:30a	Tabata	Amy K.	Stephen
	9:00a	Arthritis	Kate	Mary
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:30a	Vinyasa Flow Yoga	Wendy/Sarah	Wendy
	9:00a	Aqua	Rotation	Terry
	9:00a	Body Pump	Kaye/Denise	Kaye
	10:00a	Arthritis	Rotation	Marylee
SUNDAY	9:00a	Aqua	Rotation	Susie P.
	9:10a	Body Pump	Rotation	Kaye
	10:00a	Arthritis	Rotation	Susie P.