

Group Exercise Substitution Schedule

9/10/18 – 9/16/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	6:00a	Cycle	Suzann E.	Julie
	8:00a	Gentle Yoga	Lindsay	Amy P
	11:00a	Yoga Basics	Liza	Sue W.
	5:20p	Yoga Basics	Marjorie	Suzann E.
	5:30p	Cycle	Bill	Cathy
	5:30p	Arthritis	Audrey	Terry
TUESDAY	10:30a	Soft Tai Chi/Qi Gong	Liza	Tom
	11:30a	Total Body Yoga	Liza	Suzann E.
	1:00p	Restorative Yoga	Marjorie	Suzann E.
	4:30p	Total Body Conditioning	Amy P.	Deena
WEDNESDAY	No subs listed			
THURSDAY	9:30a	Barre Bootcamp	Janine	Melissa
	1:00p	Yoga Basics	Marjorie	Suzann E.
	5:25p	Pilates Mat	Michelle	Werner
	5:30p	Arthritis	Rotation	Terry
FRIDAY	9:15a	Mindful Flow Yoga	Marjorie	Sarah
	5:30p	Aqua	Rotation	Carl
SATURDAY	9:00a	Body Pump	Rotation	Kaye
	9:00a	Aqua	Rotation	Terry
	10:00a	Arthritis	Rotation	Terry
SUNDAY	9:00a	Aqua	Rotation	Susie P.
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Susie P.
	11:30a	Yoga Sculpt	Liza	Werner
	1:00p	Total Body Yoga	Liza	Suzann E.