

Group Exercise Substitution Schedule

12/11/2017—12/17/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:00a	Yoga Basics	Liza	Stephanie
	5:00p	Aqua	Susie	Diane
	5:20p	Yoga Basics	Marjorie	Suzann
	6:30p	Vinyasa Flow Yoga	Rotation	Suzann
TUESDAY	5:30a	Body Pump	Kaye	Loralee
	11:30a	Strength & Balance	Dale	Diane
	11:30a	Total Body Yoga	Liza	Suzann
	4:30p	Total Body Conditioning	Rotation	Amy
WEDNESDAY	8:00a	Circuits!	Brett	Lora D.
THURSDAY	12:00p	Strength & Balance	Dale	Diane
	4:30p	Sculpt & Core	Gemma	Amy
Member Holiday Party from 5:30p – 7:30p				
FRIDAY	6:00a	Vinyasa Flow	Maryanna	Canella
	9:30a	Just Dance	Lesley	Lisa P
	10:30a	Arm & Core	Lesley	Lisa P
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Kaye
	8:30a	Vinyasa Flow Yoga	Rotation	Suzann
	9:00a	Body Pump	Kaye/Denise	Kaye
	9:00a	Arthritis	Pam	Kris
	10:30a	Fit for Life	Diane/Susan A	Kris
SUNDAY	8:00a	Cycle	Rotation	Tracey
	9:00a	Aqua Aerobics	Rotation	Tracey
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Tracey