

Group Exercise Substitution Schedule

12/3/18 – 12/9/18

DAY TIME CLASS INSTRUCTOR SUBSTITUTE
Updated 12/6 at 9am

MONDAY 5:30p Arthritis Audrey Terry

TUESDAY 5:30a Body Pump Lorelee Amy P.
 4:30p Total Body Conditioning Rotation Taylor

WEDNESDAY 8:00a Arthritis Lorelee Susie P.
 9:00a Aqua Lorelee Susie P.
 9:15a Vinyasa Flow Yoga Suzann Canella

THURSDAY 5:30a Body Pump Stephen Amy P.
 8:00a Core Stephen Taylor
 8:30a Shockwave Stephen Taylor
 9:30a Pilates Lorelee Werner
 10:30a Body Pump Lorelee Joy
 5:30p Arthritis Rotation Terry

FRIDAY 6:00a Vinyasa Flow Yoga Maryanna Werner
 9:00a Aqua Lorelee Terry
 10:00a Arthritis Lorelee Terry
 5:30p Aqua Rotation Carl

SATURDAY 8:00a Cycle Dale Bill
 9:00a Body Pump Rotation Taylor
 9:40-10:30a** Stride, Strength & Stretch Dale Werner
 **PLEASE NOTE TIME CHANGE DUE TO AVAILABILITY
 10:00a Arthritis Rotation Marylee

SUNDAY 9:00a Vinyasa Flow Yoga Angela Liza
 9:00a Aqua Rotation Susie
 9:10a Body Pump Rotation Victor
 10:00a Arthritis Rotation Susie

