

# Group Exercise Substitution Schedule

3/11/19 – 3/17/19

*Revised 3/14 at 5:30p*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:00a	Yoga Basics	Liza	Marlene
	5:30p	Cycle	Bill	Suzy
	5:30p	Yoga Basics	Marjorie	Susan E.
TUESDAY	9:00a	Circuits	Gemma/Amy R.	Gemma
	10:00a	Arthritis	Dale	Marylee
	10:15a	Body Pump	Gemma/Amy R.	Gemma
	10:30a	Soft Tai Chi	Liza	Tom
	11:30a	Strength & Balance	Dale	Audrey
	11:30a	Total Body Yoga	Liza	Elaine
WEDNESDAY	1:00p	Chair Yoga	Susan S.	Werner
	5:15p	<b>NEW!</b> Strong 30	Nicole	Nicole
	5:50p	<b>NEW!</b> Zumba Dance Party	Nicole	Nicole
THURSDAY	6:00a	Cycle	Michelle	Cathy
	9:15a	Cycle Express	Amy R./Kristina	Amy R.
	11:35a	Strength & Balance	Dale	Audrey
	1:15p	Tai Chi	Tom	CANCELLED
FRIDAY	8:00a	Arthritis	Dale	Elaine
	8:30a	Triple Threat	Rotation	Jessica
	9:00a	Aqua Aerobics	Loralee.	Audrey
	9:15a	Cycle	Lisa H.	Bill
	10:00a	Arthritis	Loralee	Marylee
	10:30a	Chair Yoga with Audrey	Changed location	Held in the library
	5:30p	Aqua Aerobics	Carl/Taylor	Carl
SATURDAY	8:00a	Cycle	Dale	Lory
	8:15a	Body Combat: Cardio Kick	Amy R.	Held the 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Sat. of the month
	9:00a	Aqua Aerobics	Terry	Carl
	9:00a	Body Pump	Denise/Amy R.	Amy R.
	9:30a	Stride, Strength & Stretch	Dale	Lory
	10:00a	Arthritis	Terry/Marylee	Marylee
SUNDAY	9:00a	Aqua Aerobics	Rotation	Susie P.
	9:10a	Body Pump	Rotation	Victor
	9:15a	Cycle	Marti/Suzy	Suzy
	10:00a	Arthritis	Rotation	Susie P.