

Group Exercise Substitution Schedule

2/11/19 – 2/17/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30p	Zumba/WERQ	Lisa P.	Nicole
TUESDAY	None Listed			
WEDNESDAY	1:00p	Chair Yoga	Susan	Werner
THURSDAY	9:15a	Cycle Express	Amy R/Kristina	Kristina
	10:30a	Cardio Ballroom	No longer on the schedule	Cancelled
	4:30p	Sculpt & Core	Taylor	Amy R.
	5:30p	Tabata Cardio Express	Taylor	Amy R.
FRIDAY	10:40a	Therapeutic Ballet	Katy	Werner
	5:30pm	Aqua Aerobics	Carl/Taylor	Carl
SATURDAY	8:15a	New! Bodycombat	Amy R.	Amy R.
	9:00a	Bodypump	Denise/Amy R.	Amy R.
	9:15a	Cycle	Melissa	Joy
	10:00a	Arthritis	Rotation	Terry
SUNDAY	9:00a	Aqua	Rotation	Susie
	9:00a	Cycle	Marti/Suzy	Suzy
	9:10a	Body Pump	Georgia/Victor	TBA
	10:00a	Arthritis	Rotation	Susie