Group Exercise Substitution Schedule

6/24/19 – 6/30/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:00p	Aqua Aerobics	Susie	Carl
TUESDAY	9:00a	Circuits	Gemma/Amy W	Gemma
	10:15a	Bodypump	Gemma/Amy R	Gemma
WEDNESDAY	1:00p	Chair Yoga	Susan	Werner
THURSDAY	8:00a	Core Conditioning	Amy W	Amy R
	8:30a	Shockwave	Amy W	Amy R
	9:15a	Cycle Express	SusanE/Kristina	Lisa H
	5:30p	Arthritis	Terry	Mary R
FRIDAY	8:30a	Triple Threat	Rotation	Gemma
	5:30p	Aqua Aerobics	Carl/Dorothy	Carl
SATURDAY	8:00a	Cycle	Dale	Lory
	8:00a	Bodycombat	Amy R/Amy C	Amy C
	9:00a	Bodypump	Denise/Amy R	Amy C
	9:30a	Stride, Strength & Stretch	Dale	Lory
	10:00a	Arthritis	Rotation	Marylee
SUNDAY	9:00a	Aqua	Rotation	Susie
	9:15a	Cycle	Marti/Suzy	Suzy
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Susie
	11:30a	Yoga Sculpt	Liza	Marjorie
	1:00p	Total Body Yoga	Liza	Marjorie

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