

# Group Exercise Substitution Schedule

8/12/19 – 8/18/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30p	Zumba/WERQ	Lisa P	Nicole
TUESDAY	9:00a 9:00a 10:30a	Circuits Aqua Aerobics Soft Tai Chi-----	Gemma/Amy W Taylor/Amy R cancelled and will resume on 8/20	Gemma Taylor
WEDNESDAY	8:00a	Bodycombat	Amy R.	Amy C
THURSDAY	9:15a 9:30a 4:30p 5:30p	Cycle Express Barre Sculpt & Core Arthritis	Melissa/Kristina Amy R Taylor Terry	Melissa Joy Gemma Marylee
FRIDAY	5:30a 6:00a 8:30a 9:15a 11:00a 5:30p	Tabata Vinyasa Flow Yoga Triple Threat Mindful Flow Yoga Ai Chi Aqua Aerobics	Amy K Maryanna Rotation Elaine Mary Carl/Darlene	Amy W Amy P Gemma Marjorie Canella Darlene
SATURDAY	8:00a 9:00a 9:00a 9:00a 10:00a	Bodycombat Bodypump Aqua Aerobics Arthritis Arthritis	Amy R/Amy C Denise/Amy R Darlene/TBA Pam Rotation	Amy C Amy C Taylor Mary Marylee
SUNDAY	9:00a 9:10a 9:15a 10:00a 10:30a	Aqua Body Pump Cycle Arthritis Dance Fusion	Rotation Rotation Marti/Suzy Rotation Milana	Susie Amy C Suzy Susie Nicole