

Group Exercise Substitution Schedule

9/23/19 – 9/29/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Arthritis	Marylee	Lora
	9:00a	Arthritis	Marylee	Pam
	10:30a	Chair Yoga	Audrey	Marlene
	11:00a	Yoga Basics	Liza	Sarah
	12:10a	Heart Plus Toning	Audrey	TBA
TUESDAY	9:00a	Pilates	Susan E	Lisa P
	9:00a	Circuits	Gemma/Amy W	Gemma
	10:15a	Bodypump	Gemma/Amy R	Gemma
	10:00a	Arthritis	Marylee	Mary
	11:00a	Arthritis	Marylee	Mary
	4:30p	Sculpt & Core	Milana	Dale
5:20p	Barre	Milana	Werner	
WEDNESDAY	8:00a	Pilates	Lorie	Werner
	11:00a	Barre	Amy C.	Werner
	5:30p	Cycle	Melissa/Marti	Marti
THURSDAY	6:00a	Cycle	Michelle	Cathy
	9:15a	Cycle Express	Melissa/Kristina	Melissa
	4:30p	Sculpt & Core	Taylor	Amy C
FRIDAY	8:00a	Pilates	Lorie	Werner
	8:30a	Triple Threat	Rotation	Gemma
	5:30p	Aqua Aerobics	Carl/Darlene	Carl
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy C
	9:00a	Bodypump	Denise/Amy R	Denise
	9:00a	Aqua Aerobics	Rotation	Darlene
	10:00a	Arthritis	Marylee/Terry	Terry
SUNDAY	8:00a	Cycle	Susan E	Marti
	9:00a	Aqua Aerobics	Rotation	Susie
	9:00a	Body Pump	Jennifer/Victor	Jennifer
	9:15a	Cycle	Marti/Suzy	Marti
	10:00a	Arthritis	Rotation	Susie
	10:05a	Dance Fusion	Jennifer/Victor	Jennifer