

Group Exercise Substitution Schedule

2/24/20 – 3/1/20

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	1:30p	Meditation Yoga	Marjorie	Susan W
	5:30p	Yoga Basics	Marjorie	Liza
TUESDAY	9:00a	Aqua Aerobics	Rotation	Amy R
	10:15a	Bodypump	Gemma	Amy R
	1:00p	Restorative Yoga	Marjorie	Susan E
	4:30p	Sculpt & Core	Susan E	Werner
	6:30p	Beginner Yoga	Steve	Werner
WEDNESDAY	5:30p	Cycle	Melissa/Marti	Melissa
THURSDAY	7:45a	Gentle Yoga	Marlene	Werner
	11:30a	Restorative Yoga	Marlene	Elaine
	11:35a	Strength & Balance	Dale	TBA
	1:00p	Yoga Basics	Marjorie	Amy W
FRIDAY	6:00a	Vinyasa Flow Yoga	Maryanna	Amy P
	8:00a	Arthritis	Dale	Mary R
	8:00a	Pilates	Lorie	Werner
	9:00a	Arthritis	Kate	Mary R
	10:30a	Chair Yoga	Audrey	Kris
	11:45a	Therapeutic Yoga	Marlene	Susan W
	5:30p	Aqua Aerobics	Carl/Darlene	Carl
SATURDAY	8:00a	Bodycombat Launch #83	Amy C/Amy R	Amy C/Amy R
	8:00a	Cycle	Dale	Marti
	9:00a	Aqua Aerobics	Rotation	Terry
	9:00a	Bodypump Launch #113	Amy R/Denise	Gemma/Amy R
	9:00a	Arthritis	Pam	Marylee
	9:30a	Stride, Strength will be held 9:45a – 10:30a		Werner
	10:00a	Arthritis	Terry/Marylee	Terry
	10:30a	Pilates	Lory	Werner
	11:30a	Restorative Yoga	Marlene	Steve
	SUNDAY	9:00a	Aqua Aerobics	Rotation
9:00a		Bodypump Launch #113	with Loralee/Victor & Amy	Pierce
10:00a		Arthritis	Rotation	Jody
10:05a		Dance Fusion	Jennifer/Victor	Victor
11:30a		Yoga Sculpt	Liza	TBA
1:00p		Total Body Yoga	Liza	Stephanie