

Group Exercise Substitution Schedule

2/17/20 – 2/23/20

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Gentle Yoga	Sheila	Sarah
	9:15a	Power Yoga	Sheila	Sarah
	1:30p	Meditation Yoga	Marjorie	Audrey
	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	Dale
	5:20p	Barre	Janine	Werner
WEDNESDAY	6:00a	Vinyasa Flow Yoga	Sheila	Canella
	5:30p	Cycle	Melissa/Marti	Mellisa
	5:30p	Strong	will be "HIIT Training" with Amy Cusack	
	6:05p	Zumba	will be NIA Dance "Lemonade" by Beyonce with Hilde	
THURSDAY	7:45a	Gentle Yoga	Marlene	Werner
	9:30a	Barre Bootcamp	Janine	Amy R
	11:30a	Restorative Yoga	Marlene	Susan E
	1:00p	Yoga Basics	Marjorie	Susan E
	5:30p	Arthritis	Terry	Marylee
FRIDAY	10:30a	Chair Yoga	Audrey	Kris
	11:45a	Therapeutic Yoga	Marlene	Susan E
	5:30p	Aqua Aerobics	Carl/Darlene	Carl
SATURDAY	8:00a	Bodycombat	Amy C/Amy R	Amy C
	9:00a	Aqua Aerobics	Rotation	Darlene
	9:00a	Bodypump	Amy R/Denise	Denise
	9:15a	Cycle	Melissa	Marti
	10:00a	Arthritis	Terry/Marylee	Marylee
	11:30a	Restorative Yoga	Marlene	Steve
SUNDAY	9:00a	Aqua Aerobics	Rotation	Jody
	9:00a	Bodypump	Jennifer/Victor	Jennifer
	10:00a	Arthritis	Rotation	Jody
	10:05a	Dance Fusion	Jennifer/Victor	Jennifer