

Group Exercise Substitution Schedule

3/20/23 – 3/23/23

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:45am 5:30pm	Gentle Yoga Yoga Basics	Selima Steve	Marlene Loralee
TUESDAY	8:00am 9:15am 11:30am 4:45pm	My Zone HIIT Cycle & Strength Restorative Yoga Aqua Arthritis	Lora Lora Steve Janet	Amy C Susan E Tatiana Joanie
WEDNESDAY	6:00am 8:00am 9:00am 9:05am 9:30am 9:30am 5:45pm	Sunrise Yoga Aqua Arthritis Aqua Aerobics Core Conditioning Simply Strength Adult Ballet Aqua Arthritis	Steve Rotation Rotation Lora Lora Werner Pam	Loralee TBD Werner Melissa Susan E Christie Canella
THURSDAY	9:30am 10:30am 11:30am 5:30pm	Barre Fusion Bodyump Restorative Yoga Barre Fusion	Janine Rotation Steve Rotation	Christie Amy R Tatiana Christie
Friday	A 10-day Spring Break Group Exercise Schedule will take place <i>March 24th - April 2nd.</i> It will be available on-line, on our phone APP and at the Front Desk.			
SATURDAY				
SUNDAY				