

Group Exercise Substitute Schedule

January 29th – February 4th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	12:00pm	Just Dance 101 is Bemoved Dance with		Joanie
	5:30pm	All Levels Yoga	Steve	Audrey
	7:00pm	Gentle Yoga	Steve	Loralee
TUESDAY	8:00am	HIIT & Core	Lora	Amy R
	9:15am	Cycle & Strength will be 50 Minute Cycle with		Susan E
	9:10am	Just Dance	Lesley	Susie N
	10:15am	Just Barre	Lesley	Susan E
	11:30am	Restorative Yoga	Steve	Werner
	5:15pm	Barre Fusion	Amy R	Lisa
WEDNESDAY	6:00am	Sunrise Yoga	Steve	Loralee
	9:00am	Core Conditioning	Lora	Werner
	9:30am	Simply Strength	Lora	Susan E
	5:30pm	Vinyasa Flow Yoga	Tatiana	Marjorie
	5:30pm	Bodypump	Carol	Loralee
THURSDAY	9:00am	Aqua Aerobics	Carl	Diane
	5:30pm	Cycle	Carol	Melissa
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:30am	Just Dance	Lesley	Victor
	10:30am	Arm, Core & Stretch	Lesley	Victor
SATURDAY	9:00am	Cycle	Melissa	TBA
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P