

Group Exercise Substitute Schedule

February 5th – February 11th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15am	Cycle	Melissa	Bill
	12:00pm	Just Dance 101 is BeMoved Dance with	Mary Clare	Joanie
	11:45am	Gentle Yoga	Mary Clare	Tatiana
	5:30pm	Bodypump	Victor	Loralee
TUESDAY	10:15am	Aqua Arthritis	Kate	Marylee
WEDNESDAY	9:00am	Core Conditioning	Lora	Werner
	9:30am	Simply Strength	Lora	Susan E
	11:30am	Yoga Flow with Weights	Mary Clare	Amy C
THURSDAY	9:00am	Aqua Aerobics	Carl	Diane
	9:15am	Aqua Arthritis	Kate	Marylee
	11:15am	Aqua Arthritis	Janet	Diane
FRIDAY	8:00am	Aqua Arthritis	Rotation	Susan F
	9:00am	Aqua Aerobics	Rotation	Susan F
	9:15am	Aqua Arthritis	Kate	Marylee
SATURDAY	9:00am	Bodypump	Victor	Amy R
		10:15am & 11:15am Aqua Yoga will be Warm Water Stretch & Breathwork with Diane		
SUNDAY	9:00am	Aqua Aerobics	Rotation	Susie P
	10:15am	Aqua Arthritis	Rotation	Susie P