

Group Exercise Substitution Schedule

2/19/2018—2/25/2018

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Cycle Express	Julie	Cathy
TUESDAY	9:00a	Arthritis	Tracey	Marylee
	10:00a	Arthritis	Tracey	Susie P.
	11:00a	Arthritis	Tracey	Susie P.
WEDNESDAY	11:30a	Heart Plus (AOA)	Kris	Myrna
THURSDAY	no subs			
FRIDAY	9:30a	Just Dance	Lesley	Lisa P.
	10:30a	Arm & Core	Lesley	Lisa P.
	11:05a	Heart Plus (AOA)	Kris	Susan A.
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Kaye
	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Kaye
	9:15a	Cycle & Core	Melissa	Suzanne
	10:30a	Fit for Life	Diane/Susan A.	Diane
SUNDAY	8:00a	Cycle	Michele/Bill	Michele
	9:00a	Aqua	Rotation	Kathi
	9:10a	Body Pump	Rotation	Loralee
	10:00a	Arthritis	Rotation	Kathi
	1:00p	Total Body Yoga	Liza	Suzann