

Group Exercise Substitution Schedule

1/1/2018—1/7/2018

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	HAPPY NEW YEAR!! Special GX schedule today:			
	9:00a	Cardio Barre	Werner	
	9:00a	Aqua	Diane	
	10:00a	Old School Cycle	Liza	
	10:00a	Arthritis	MaryLee	
	10:50a	New Soul Yoga	Liza	
TUESDAY	5:30a	Body Pump	<i>CANCELLED</i>	
	10:15a	Just Dance	Lesley	Mercedes
	1:00p	Restorative Yoga	Marjorie	Suzann
WEDNESDAY	6:00a	Vinyasa Yoga	Sheila	Maryanna
	9:15a	Power Yoga	Sheila	Suzann
THURSDAY	5:30a	Body Pump	Kaye	Loralee
FRIDAY	9:00a	Arthritis	Kate	Pam
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:15a	Cardio Interval	Kaye/Denise	Denise
	8:30a	Vinyasa Flow	Yoga Rotation	Suzann
	9:15a	Body Pump	Kaye/Denise	Denise/Kaye/Amy
	10:30a	Fit for Life	Diane/Susan A.	Diane
SUNDAY	8:00a	Cycle	Michele/Bill	Michele
	9:00a	Aqua	Rotation	Jody C.
	9:10a	Body Pump	Rotation	Loralee
	10:00a	Arthritis	Rotation	Jody C.
	11:30a	Yoga Sculpt	Liza	Sue W.
	1:00p	Total Body Cond	Liza	Suzann