

Group Exercise Substitution Schedule

6/11/18 – 6/17/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Gentle Yoga	Sheila	Maryanna
	11:00a	Nia	Myrna	Kris
	11:00a	Ai Chi	Kris	Drew
	5:30p	Cycle	Suzann	Cathy
TUESDAY	6:30p	Body Pump Express	Stephen	Victor
WEDNESDAY	6:00a	Vinyasa Flow Yoga	Sheila	Maryanna
	8:00a	Circuits	Stephen	Brock
	9:15p	Power Yoga	Lisa H.	Suzann E.
THURSDAY	5:30a	Body Pump	Kaye	Loralee
	8:00a	Gentle Yoga	Marlene	Wendy C.
	8:00a	Core Conditioning	Stephen	Brock
	8:30a	Shockwave	Stephen	Brock
	11:30a	Restorative Yoga	Marlene	Wendy C.
	4:30p	Sculpt & Core	Gemma	Werner
5:30 – 7:45pm = DANCE FUSION EVENT! Register at the front desk				
FRIDAY	8:00a	Pilates Mat	Lorie	Wendy W.
	8:30a	Triple Threat	Gemma	Amy P.
	9:00a	Aqua	Loralee	Susie P.
	9:00a	Arthritis	Kate	Mary
	9:30a	Just Dance	Lesley	Lisa P.
	10:00a	Arthritis	Loralee	Susie P.
	10:30a	Arm & Core	Lesley	Lisa P.
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:30a	Vinyasa Flow Yoga	Wendy/Sarah	Wendy C.
	9:00a	Body Pump	Kaye/Denise	Kaye
	11:30a	Restorative Yoga	Marlene	Suzann E.
SUNDAY	HAPPY FATHER'S DAY!			
	9:00a	Aqua	Rotation	Diane
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Diane

