

# Group Exercise Substitution Schedule

11/5/18 – 11/11/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE	
MONDAY	6:00a	Cycle	Bill	Amy P.	
	9:00a	Aqua	Lora	Susie P.	
	9:15a	Cycle	Melissa	Lora D.	
	11:00a	Nia	Myrna	Hilde	
	5:30p	Cycle	Bill	Cathy D.	
TUESDAY	9:00a	Circuits!	Gemma	Brock	
	10:15a	Body Pump	Gemma	Joy Z.	
	4:30p	Total Body Conditioning	Amy P.	Taylor	
	5:30p	Arthritis	Kris	Susie P.	
WEDNESDAY	1:00p	Chair Yoga	Susan S.	Werner	
	5:30p	Cycle	Melissa	Cathy	
THURSDAY	5:30p	Arthritis	Rotation	Terry	
FRIDAY	9:15a	Cycle	Lisa	Bill	
	5:30p	Aqua	Rotation	Carl	
SATURDAY	9:00a	Body Pump	Rotation	Joy Z.	
	9:15a	Cycle	Melissa	Marti	
	9:00a	Aqua	Terry	Carl	
	10:00a	Arthritis	Rotation	Marylee	
SUNDAY	9:00a	Vinyasa Flow Yoga	Angela	Canella	
	9:10a	Body Pump	Rotation	Victor	
	9:00a	Aqua	Rotation	Susie P.	
	10:00a	Arthritis	Rotation	Susie P.	
	**11:30-12:20**	Yoga Sculpt	Liza	Canella	
	<b>**note special time due to availability**</b>				
	1:00p	Total Body Yoga	Liza	Suzann E.	