

Group Exercise Substitution Schedule

12/18/2017—12/24/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Power Yoga	Maryanna	Sarah
	5:00p	Aqua Aerobics	Susie	Susie
	6:30p	Vinyasa Flow Yoga	Rotation	Suzann
TUESDAY	9:00a	Aqua Aerobics	Susan A	Tracey
	9:00a	Arthritis	Tracey	Marylee
	4:30p	Total Body Conditioning	Rotation	Jessica
	5:30p	Arthritis	Susan A	Kris
WEDNESDAY	5:15p	Pilates + Eq.	Werner	Suzann
	5:15p	Therapeutic Ballet	Susan A	Werner
THURSDAY	12:00p	Strength & Balance	Dale	Kris
	5:30p	Arthritis	Diane	Amy
FRIDAY	8:00a	Arthritis	Dale	Kris
	5:30p	Aqua Aerobics	Rotation	Carl
SATURDAY	8:00a	<i>Cardio Interval</i>	<i>Kaye/Denise</i>	<i>CANCELLED</i>
	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Gemma
	9:15a	Cycle	Melissa	Michele
	10:00a	<i>Hatha Yoga</i>	<i>Steve</i>	<i>CANCELLED</i>
	10:30a	Fit for Life	Diane/Susan A	Pam
SUNDAY	8:00a	Cycle	Rotation	Bill
	9:00a	Aqua Aerobics	Rotation	Loralee
	9:10a	Body Pump	Rotation	Amy P
	10:00a	Arthritis	Rotation	Loralee