

# Group Exercise Substitution Schedule

12/04/2017—12/10/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Core Conditioning	Lisa	Stephen
	8:30a	Total Body Conditioning	Lisa	Stephen
	5:00p	Aqua	Susie	Diane
	6:30p	Vinyasa Flow Yoga	Rotation	Angela
TUESDAY	10:30a	Tai Chi	Liza	Tom
	11:30a	Total Body Yoga	Liza	Suzann
	4:30p	Total Body Conditioning	Rotation	Jessica
WEDNESDAY	8:00a	Circuits!	Brett	Lora D.
	6:30p	Total Body Yoga	Werner	Suzann E.
THURSDAY	no subs			
FRIDAY	6:00a	Vinyasa Flow	Maryanna	Sheila
	8:00a	Arthritis	Dale	Diane
	8:30a	Triple Threat	Gemma	Stephen
	9:00a	Aqua	Loralee	Amy
	9:15a	Mindful Flow Yoga	Marjorie	Sarah
	10:00a	Arthritis	Loralee	Susie P.
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Denise
	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Denise
	10:30a	Fit for Life	Diane/Susan A	Susan
SUNDAY	8:00a	Cycle	Rotation	Tracey
	9:00a	Aqua Aerobics	Rotation	Tracey
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Tracey
	11:30a	Yoga Sculpt	Liza	Canella
	1:00p	Total Body Yoga	Liza	Stephanie