

Group Exercise Substitution Schedule

1/07/19 – 1/13/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Gentle Yoga	Sheila	Cheryl
	9:15a	Power Yoga	Sheila	Cheryl
	9:35a	The Barre Class	Werner	Janine
TUESDAY	None Listed			
WEDNESDAY	6:00a	Vinyasa Flow Yoga	Sheila	Maryanna
	12:30p	Arthritis	Kris	Marylee
	5:15p	Adult Ballet	Werner	Cancelled
	6:30p	Yoga Tune Up	Werner	Steve
THURSDAY	None Listed			
FRIDAY	8:00a	Arthritis	Dale	Elaine
	11:30a	Heart Plus	Werner	Kris
	5:30p	Aqua Aerobics	Rotation	Taylor
SATURDAY	8:00a	Cycle	Dale	Lory
	9:00a	Bodypump	Rotation	Denise
	9:30a	Stride, Strength & Stretch	Dale	Lory
	10:00a	Arthritis	Rotation	Terry
SUNDAY	9:00a	Aqua	Rotation	Susie
	9:10a	Body Pump	Rotation	Georgia & Victor
	10:00a	Arthritis	Rotation	Susie