

Group Exercise

OCT 8 – 14



GROUP EXERCISE SUBSTITUTION LIST

Updated 10/10 at 9:15am.

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:45am	Strong by Zumba	Jennifer	Milana
	8:45am	Barre	Milana	Amy R.
	10:30am	Zumba Gold	Gina F./Elizabeth	Elizabeth
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	8:45am	Spin & Core	Michele	Amy R.
	9:35am	Bodycombat	Amy R.	Elizabeth
	10:30am	Pilates	Lory	TBA
	6:00pm	Spin	Beth	Suzy
	6:20pm	WERQ	Jennifer K./Cindy	Jennifer
THURSDAY	9:00am	Spin	Brian/Amy R.	Brian
	5:30pm	Spin	Marti	Beth
FRIDAY	8:30am	Spin	Michelle	Suzy
	9:30am	Boot Camp	Colleen/Nikki	Nikki
	9:30am	Barre	Tasha/Amy R.	Amy R.
SATURDAY	8:00am	Hard Core	Sue W.	Jennifer
	8:15am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Boot Camp	Gina B./TBA/Lory	TBA
	8:30am	Spin	Rotation	Lory
	8:30am	Step Jam	Sue W.	Jennifer
	9:35am	Pilates	Lory/Tasha	Lory
	9:35am	BodyCombat	Amy R./Elizabeth	Elizabeth
	10:00am	YoPiChi	Janice/Elaine	Elaine
	10:30am	BodyPump Express	Amy R./Elizabeth	Elizabeth
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Amy P.
	8:30am	Power Yoga	Canella/Amy P.	Amy P.
	9:40am	Zumba	Rotation	Nicole