

Group Exercise

DEC 3 – 9



GROUP EXERCISE SUBSTITUTION LIST

Updated 12/5 at 10p

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Elizabeth
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	5:15am	Boot Camp	Sue W.	Stephen
THURSDAY	9:00am	Spin	Brian/Amy R.	Brian
	5:30pm	Spin	Marti	Suzy
FRIDAY	5:15am	BodyShred	Sue W.	Amy P.
	8:30am	Spin	Michelle	Colleen
	9:30am	Barre	Tasha/Amy R.	Tasha
	9:30am	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Boot Camp	Gina/TBA/Lory	Lory
	8:30am	Spin	Rotation	Suzy
	9:35am	Pilates	Lory/Tasha	Lory
	9:35am	Body Combat	Amy R./Elizabeth	Elizabeth
	10:00am	WW Stretch & Flow	Janice/Elaine	Elaine
	10:30am	Bodypump Express		Elizabeth
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Amy P.
	8:30am	Power Yoga	Canella/Amy P.	Amy P.
	8:30am	Spin	Lisa	Suzy
	9:40am	Zumba	Rotation	TBA

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