

Group Exercise

FEB 12 – 18



GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:35a	Boot Camp	Scott/Brian	Brian
	9:35a	BodyShred	Amy R.	Colleen
	10:30a	Zumba Gold	Gina F./Elizabeth	Elizabeth
TUESDAY	8:25am	Spin	Amy R.	Jennifer
	9:15a	BodyPump	Amy R.	Joy
	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	9:30a	Body Combat	Amy R.	Elizabeth
	6:35p	WERQ	Jennifer K./Cindy	Jennifer K.
THURSDAY	9:00a	Spin	Brian/Amy R.	Brian
FRIDAY	9:30a	Barre Class	Tasha/Amy R.	Tasha
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Gina B./Heather/Lory	Lory
	8:30a	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30a	Spin	Michelle/Lory/TBA/Lory/TBA	Suzanne
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates	Sue W./Lory	Lory
	10:30a	Body Pump Express	Amy R./Elizabeth	Elizabeth
SUNDAY	8:00a	Foam & Roll	Canella/Amy P.	Amy P.
	8:30a	Power Yoga	Canella/Amy P.	Amy P.
	9:40a	Zumba	Rotation	Jennifer

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