



GROUP EXERCISE SUBSTITUTION LIST

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