



GROUP EXERCISE SUBSTITUTION LIST

Revised 6/12 at 5pm

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:45am	Barre	Sue. W.	Amy R.
	9:15am	H2O Bootcamp	Terry/Cheryl	Terry
	9:15am	Spinning has changed to 8:30am with Colleen		
	10:30am	Zumba Gold	Gina F./Elizabeth	Elizabeth
TUESDAY	5:15am	BodyPump Express	Stephen	Amy P.
	8:15am	Bodypump	Joy	Gina F.
	10:15am	Zumba Burst	Gina F./Jennifer	Jennifer
WEDNESDAY	4:30pm	TRC	Brian	Danielle
	6:20pm	WERQ	Jennifer/Cindy	Cindy
THURSDAY	9:00am	Spinning	Brian/Amy R.	Amy R.
FRIDAY	5:15am	Spinning	Brian	Suzy
	9:30am	Barre	Tasha/Amy R.	Tasha
	9:30am	Bootcamp	Colleen/Nikki	Colleen
	10:30am	Aqua Fit	Sue K.	Cheryl
	10:50am	Total Body Strength	Gina F.	Colleen
	11:15am	Aqua Tone	Diane W.	Cheryl
SATURDAY	8:30am	Bootcamp	Gina B./TBA/Lory	Lory
	8:30am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Spinning	Michelle/Lory/Suzanne/TBA	Suzanne
	9:35am	Pilates	Lory/Tasha	Lory
	9:35am	BodyCombat	Amy R./ Elizabeth	Amy R.
	10:00am	YoPiChi	Janice/Elaine	Janice
	10:30am	Bodypump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00am	Foam & Roll	Canella/Amy R.	Canella
	8:30am	Power Yoga	Canella/Amy P.	Canella
	9:40am	Zumba	Rotation	Elizabeth

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