



## GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:15am	Spinning	Lisa	Suzanne
	8:45am	Barre	Sue W.	Amy R.
	10:30am	Zumba Gold	Gina F./Elizabeth	Gina F.
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Jennifer
	5:30pm	H2O HIIT Training	Lory	Terry
WEDNESDAY	9:15a	H2O Bootcamp	Terry	Diane W.
	10:30am	Pilates	Lory	Janice
	5:15pm	Barrelates	Jennifer K.	Cindy
	6:20pm	WERQ	Jennifer K./Cindy	Cindy
THURSDAY	8:30am	Zumba	Gina F.	Elizabeth
	9:00am	Spinning	Brian/Amy R.	Brian
	9:00am	Meditation Yoga	Elaine	Canella
	9:15am	Bodypump	Gina F.	Elizabeth
FRIDAY	9:20am	Piloxing	Jennifer K.	Sue W.
	9:30am	Barre	Tasha/Amy R.	Tasha
	9:30am	Bootcamp	Colleen/Nikki	Colleen
	10:10am	PiYo	Jennifer	Sue W.
SATURDAY	8:00am	Hard Core	Sue W.	Diane A.
	8:30am	Step Jam	Sue W.	Diane A.
	8:30am	Bootcamp	<b>Cancelled</b>	
	8:30am	H2O Dance Party	Tasha/Diane A.	Terry
	8:30am	Spinning	Michelle/Lory/Suzanne/TBA	Marti
	9:35am	Pilates	Lory/Tasha	Cindy
	9:35am	BodyCombat	Amy R./ Elizabeth	Elizabeth
	10:00am	YoPiChi	Janice/Elaine	Janice
	10:30am	Bodypump Express	Amy R./Elizabeth	Elizabeth
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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