

Group Exercise

SEPT 10 – 16



GROUP EXERCISE SUBSTITUTION LIST

Updated at 9am on 9/13.

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Elizabeth
	6:00pm	Spin	Suzanne	Marti
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Gina F.
	6:15pm	Boot Camp	Milana	Sue W.
WEDNESDAY	6:20pm	WERQ	Jennifer K./Cindy	Jennifer
THURSDAY	9:00am	Spin	Brian/Amy R.	Amy R.
FRIDAY	9:00am	Arthritis	Diane W.	Terry
	9:30am	Boot Camp	Colleen/Nikki	Nikka
	9:30am	Barre	Tasha/Amy R.	Lisa
	10:30am	Water Walking	Diane W.	Terry
	11:15am	Aqua Tone	Diane W.	Terry
SATURDAY	8:15am	H2O Beach Party		Diane A.
	8:30am	Boot Camp	Gina B./TBA/Lory	Lory
	8:30am	Spinning	Rotation	Suzy
	9:35am	Pilates	Lory/Tasha	Lory
	9:35am	BodyCombat	Amy R./Elizabeth	Amy R.
	10:00am	YoPiChi	Janice/Elaine	Elaine
	10:30am	BodyPump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Amy P.
	8:30am	Power Yoga	Canella/Amy P.	Amy P.
	9:40am	Zumba	Rotation	Elizabeth

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