



GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a	H.I.I.T. Boxing	Chris/Elizabeth	Elizabeth
	8:45a	Barre Class	Sue W.	Amy R.
	9:35a	Boot Camp	Chris/Brian	Brian
	10:00a	Vinyasa Flow Yoga	Canella	Tasha
	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
	5:15p	Barre Workout (NOT Piloxing)		Cindy
	6:30p	Hatha Flow Yoga	Amy P.	Cheryl
	6:30p	WERQ	Dawn/Cindy/Jennifer/Diane	Cindy
TUESDAY	5:15a	Body Pump Express	Amy P.	Stephen
	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	9:15a	H2O Boot Camp	Rotation	Cheryl
	6:20p	Body Pump	Diane A./Denise/Gina B.	Denise
THURSDAY	5:15a	Power Yoga	Amy P.	
	9:00a	Spin	Chris/Brian	Chris
FRIDAY	9:30a	Barre Class	Tasha/Amy R.	Joy
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Jack/Heather/Lory/Heather/Gina B.	TBA
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	TBA
	8:30a	Spin	Amy P./Lory/Lisa/Lory/TBA	Lisa
	9:35a	Body Combat	Amy R./Elizabeth	Amy R.
	9:35a	Pilates Mat	Sue W./Lory	Sue
	10:30a	Body Pump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00a	Foam & Roll	Amy P.	
	8:30a	Power Yoga	Amy P.	
	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	Jennifer K.