

# Group Exercise

OCT 9 – 15



## GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:45a	Barre Class	Sue W.	Amy R.
	9:35a	Boot Camp	Chris/Brian	Brian
	10:30a	Zumba Gold	Gina F./Elizabeth	Dawn
	6:30p	Zumba/WERQ Dance Mix	Dawn/Cindy/Jennifer/Diane	TBA
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	9:15a	H2O Boot Camp	Diane W.	Diane W.
THURSDAY	9:00a	Spin	Chris/Brian	Chris
FRIDAY	9:25a	Piloxing	Jennifer K.	Chris
	9:30a	Barre Class	Tasha/Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Jack/Heather/Lory/Heather/Gina B.	Heather
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Diane A.
	8:30a	Spin	Michelle./Lory/Lisa/Lory	Lory
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates	Sue W./Lory	Sue W.
	10:30a	Body Pump Express	Amy R./Elizabeth	Elizabeth
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.

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