

Group Exercise

NOV 13 – 19



GROUP EXERCISE SUBSTITUTION LIST

Revised at 1:00p on 11/14.

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:35a	Boot Camp	Chris/Brian	Scott
	10:30a	Zumba Gold	Gina F./Elizabeth	Elizabeth
	6:20p	Zumba/WERQ Dance Mix	Dawn/Cindy/Jennifer/Diane	Cindy
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer K.
	5:30p	BodyPump Express	Colleen	Joy
	6:20p	Zumba Burst	Gina F.	Dawn
WEDNESDAY	8:45a	Spin & Core	Michele	Amy P.
	9:15a	H2O Boot Camp	Diane W.	Cheryl
THURSDAY	9:00a	Spin	Chris/Brian	Brian
FRIDAY	8:30a	Spin	Michele	Beth
	9:30a	Barre Class	Tasha/Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Colleen
SATURDAY	8:30a	Boot Camp	Jack/Heather/Lory/Heather/Gina B.	Lory
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Cheryl
	8:30a	Spin	Michelle./Lory/Lisa/Lory	TBA
	9:35a	Body Combat	Amy R./Elizabeth	Amy R.
	9:35a	Pilates	Sue W./Lory	Lory
	10:00a	YoPiChi	Elaine	Canella
	10:30a	Body Pump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00a	Foam & Roll	Canella/Amy P.	Canella
	8:30a	Power Yoga	Canella/Amy P.	Canella
	9:40a	Zumba	Rotation	Tasha

Group Exercise Director, Amy Rosales
arosales@nm.org
 (847) 535-7632

lindenhursthfc.com