

# Group Exercise

DEC 4 – 10



## GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a	Spin	Jennifer	Tracey
	9:35a	Boot Camp	Scott/Brian	Brian
	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
	6:20p	Zumba/WERQ Dance Mix	Dawn/Cindy/Jennifer/Diane	Dawn
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
	5:30p	BodyPump Express	Colleen	Joy
WEDNESDAY	No substitutes			
THURSDAY	9:00a	Spin	Brian/Amy R.	Amy R.
	1:00p	Arthritis	Tracey	TBA
	6:15p	HIIT Mix	Colleen	Heather
FRIDAY	9:30a	Barre Class	Tasha/Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Gina B./Heather/Lory	Heather
	8:30a	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30a	Spin	Michelle/Lory/TBA/Lory/TBA	Lory
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates	Sue W./Lory	Lory
	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	Elizabeth

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