

Group Exercise

JAN 8 – 14



GROUP EXERCISE SUBSTITUTION LIST

Revised 1/10 at 10am

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:35a	Boot Camp	Scott/Brian	Scott
	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer
WEDNESDAY	2:00p	Arthritis	Tracey	Janice
	6:35p	WERQ	Jennifer K./Cindy	Cindy
THURSDAY	9:00a	Spin	Brian/Amy R.	Brian
	9:15a	H2O Boot Camp	Tracey	Cheryl
	1:00p	Arthritis	Tracey	Janice
FRIDAY	9:30a	Barre Class	Tasha/Amy R.	Sue
	9:30a	Boot Camp	Colleen/Nikki	Colleen
SATURDAY	8:30a	Boot Camp	Gina B./Heather/Lory	Gina B.
	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.	Canella
	8:30a	Power Yoga	Canella/Amy P.	Canella
	9:40a	Zumba	Rotation	Diane A.

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