



GROUP EXERCISE SUBSTITUTION LIST

Revised 2/13 - 10:30a

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:35a	Boot Camp	Chris/Brian	Brian
	10:00a	Vinyasa Flow Yoga	Maryanna	Cheryl
	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
	6:20p	WERQ Dance Fitness	Jennifer/Cindy	Jennifer
TUESDAY	5:15a	BodyPump Express	Amy P./Gina B.	Amy P.
	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer K.
WEDNESDAY	1:00p	Arthritis	Sue K.	Janice
	6:20p	BodyPump	Diane A./Angie	Diane A.
THURSDAY	9:00a	Meditation Yoga	Maryanna/Jenny/Cheryl	Jenny
	9:00a	Spin	Chris/Brian	Chris
FRIDAY	9:30a	Aqua Fit	Sue K.	Cheryl
	9:30a	Barre Class	Amy R.	Joy
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Jack/Angie/Lory	Jack
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Amy P.
	8:30a	Spin	Angie/Lory/Lisa	Lisa
	9:35a	Body Combat	Amy R./Angie	Amy R.
	10:00a	Aqua Yoga	Mary/Cheryl/Sharon/Amy P.	Sharon
	10:30a	BodyPump Express	Amy R./Angie	Amy R.
SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	Diane A.