



GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:35a	Boot Camp	Chris/Brian	Chris
	6:20p	WERQ Dance Fitness	Jennifer/Cindy	Cindy
	6:30p	Hatha Flow Yoga	Cheryl	Sue W.
TUESDAY	5:15a	BodyPump Express	Amy P./Gina B.	Gina B.
	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer K.
WEDNESDAY	9:15a	H2O Boot Camp	Cheryl	TBA
	6:20p	BodyPump	Diane A./Angie	Angie
THURSDAY	9:00a	Spin	Chris/Brian	Brian
FRIDAY	9:30a	Barre Class	Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Nikki
	10:40a	Hatha Flow Yoga	Maryanna	Jenny
	10:45a	Total Body Strength	Gina F.	Jennifer K.
SATURDAY	8:30a	Boot Camp	Jack/Angie/Lory	Angie
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Diane A.
	8:30a	Spin	Angie/Lory/Lisa	Lory
	9:35a	Body Combat	Amy R./Angie	Angie
	10:30a	BodyPump Express	Amy R./Angie	Angie
SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	Diane A.