



Updated April 10, 2017

GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a	H.I.I.T. Boxing with Bags	Chris/Elizabeth	Elizabeth
	9:35a	Boot Camp	Chris/Brian	Brian
	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
	6:15p	Spinning	Tracey	Jack
	6:20p	WERQ Dance Fitness	Jennifer/Cindy	Cindy
	6:30p	Hatha Flow Yoga	Cheryl	Amy P.
TUESDAY	5:15a	BodyPump Express	Amy P./Gina B.	Amy P.
	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	5:15a	Spinning	Jack	Brian
	9:15a	H2O Boot Camp	Cheryl	Sue K.
	6:20p	BodyPump	Diane A./Angie	Angie
THURSDAY	9:00a	Spinning	Chris/Brian	Chris
FRIDAY	5:15a	Spinning	Brian	Jack
	8:00a	Hard Core	Chris	Joy
	8:30a	Spinning	Chris	Amy P.
	9:30a	Barre Class	Amy R.	Joy
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Jack/Angie/Lory	Lory
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Diane A.
	8:30a	Spinning	Angie/Lory/Lisa	Lisa
	9:35a	Body Combat	Amy R./Angie	Amy R.
	10:30a	BodyPump Express	Amy R./Angie	Amy R.
SUNDAY	Lindenhurst Health & Fitness Center is closed for Easter			