



Updated 4/11/2017

GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a	H.I.I.T. Boxing with Bags	Chris/Elizabeth	Elizabeth
	8:45a	Barre Class	Sue W.	Amy R.
	9:35a	BodyShred	Amy R.	Sue W.
	9:35a	Boot Camp	Chris/Brian	Nicole M.
	10:30a	Zumba Gold	Gina F./Elizabeth	Elizabeth
	6:20p	WERQ Dance Fitness	Jennifer/Cindy	Jennifer
	6:30p	Hatha Flow Yoga	Cheryl	Amy P.
TUESDAY	5:15a	BodyPump Express	Amy P./Gina B.	Gina B.
	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer
	5:30p	BodyPump Express	Colleen	Gina F.
WEDNESDAY	9:15a	H2O Boot Camp	Rotation	Diane W.
	9:30a	Vinyasa Flow Yoga Plus	Maryanna	Canella
	6:20p	BodyPump	Diane A./Angie	Diane A.
THURSDAY	9:00a	Spin	Chris/Brian	Brian
FRIDAY	9:30a	Barre Class	Joy/Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Colleen
	10:40a	Hatha Yoga	Maryanna	Canella
SATURDAY	8:30a	Boot Camp	Jack/Angie/Lory	Angie
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Amy P.
	8:30a	Spin	Angie/Lory/Lisa	Lory
	9:35a	Body Combat	Amy R./Angie	Angie
	10:00a	Aqua Yoga	Elaine	Mary R.
	10:30a	BodyPump Express	Amy R./Angie	Angie
SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	Elizabeth

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