



## GROUP EXERCISE SUBSTITUTION LIST

*Revised on May 15 at 9:20a*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:30a	H.I.I.T. Boxing with Bags	Chris/Elizabeth	Chris
	9:00a	Arthritis	Janice	Mary
	9:35a	Boot Camp	Chris/Brian	Chris
	10:30a	Zumba Gold	Gina F./Elizabeth	Elizabeth
	6:20p	WERQ Dance Fitness	Rotation	Elizabeth
TUESDAY	5:15a	BodyPump Express	Amy P.	Amy P.
	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer K.
	11:10a	Total Body Strength	Janice	Lory
WEDNESDAY	9:00a	Arthritis	Janice	Elaine
	9:15a	H2O Boot Camp	Cheryl	Diane W.
	9:30a	Body Combat	Amy R.	Elizabeth
	10:00a	H2O Pilates	Janice	Diane W.
	6:20p	BodyPump	Diane A./Angie	Angie
THURSDAY	9:00a	Spin	Chris/Brian	Brian
	10:15a	Aqua Yoga	Janice	Tracey
	11:30a	Pilates Barre Express	Janice	Lory
FRIDAY	9:30a	Barre Class	Joy/Amy R.	Joy
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:30a	Boot Camp	Jack/Angie/Lory/Angie/Gina B.	Lory
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Diane A.
	8:30a	Spin	Angie/Lory/Lisa	Lisa
	9:35a	Body Combat	Amy R./Angie/Elizabeth	Elizabeth
	10:30a	BodyPump Express	Amy R./Angie/Elizabeth	Elizabeth
SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	TBA

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