

Group Exercise

JUNE 19 – 25



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 | Jennifer K. |
| | 6:20p | WERQ Dance Fitness | Rotation | Jennifer K. |
| TUESDAY | 10:15a | Zumba Burst | Gina F./Jennifer | Gina F. |
| | 6:20p | Zumba | Gina F. | Elizabeth |
| WEDNESDAY | 9:15a | H2O Boot Camp | Rotation | Diane W. |
| | 6:20p | BodyPump | Diane A./Angie | Angie |
| THURSDAY | 8:30a | Zumba | Gina F. | Diane A. |
| | 9:00a | Spin | Chris/Brian | Chris |
| | 9:20a | BodyPump | Gina F. | Diane A. |
| FRIDAY | 9:30a | Barre Class | Joy/Amy R. | Amy R. |
| | 9:30a | Boot Camp | Colleen/Nikki | Nikki |
| | 10:45a | Total Body Strength | Gina F. | Jennifer K. |
| SATURDAY | 8:00a | Hard Core | Sue W. | Jennifer K. |
| | 8:30a | Boot Camp | Jack/Angie/Lory/Angie/Gina B. | Angie |
| | 8:30a | H2O Boot Camp | Diane A./Amy P./Cheryl | Diane A. |
| | 8:30a | Spin | Angie/Lory/Lisa | Lory |
| | 8:30a | Step Jam | Sue W. | Jennifer K. |
| | 9:35a | Body Combat | Amy R./Angie/Elizabeth | Angie |
| | 9:35a | Pilates | Sue W./Lory | Lory |
| | 10:30a | BodyPump Express | Amy R./Angie/Elizabeth | Angie |
| SUNDAY | 9:40a | Zumba | Cindy/Jennifer/Diane/Elizabeth | Diane A. |

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