

Group Exercise

JULY 17 – 23



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.
	6:20p	WERQ Dance Fitness	Rotation	Dawn
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Gina F.
WEDNESDAY	9:15a	H2O Boot Camp	Rotation	Diane W.
	6:20p	BodyPump	Diane A./TBA	Denise
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	TBA
SATURDAY	8:30a	Boot Camp	Jack/Heather/Lory/Heather/Gina B.	Heather
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Diane A.
	8:30a	Spin	Amy P./Lory/Lisa/Lory/TBA	Lory
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates	Sue W./Lory	Lory
	10:30a	BodyPump Express	Amy R./Elizabeth	Elizabeth
SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth	Tasha

Group Exercise Director, Amy Rosales
arosales@nm.org
 (847) 535-7632

lindenhursthfc.com