

Group Exercise

AUG 7 –13



GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Foam & Roll	Danielle	Jennifer K.
	8:30a	H.I.I.T. Boxing with Bags	Chris/Elizabeth	Elizabeth
	8:45a	Barre Class	Sue W.	Amy R.
	9:35a	Boot Camp	Chris/Brian	Scott
	10:30a	Zumba Gold	Gina F./Elizabeth	Elizabeth
	5:15p	Piloxing	Sue W.	Jennifer K.
	6:20p	WERQ Dance Fitness	Rotation	Dawn
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer K.
WEDNESDAY	8:45a	Spin & Core	Chris	Michelle
	9:15a	H2O Boot Camp	Rotation	Diane W.
	6:20p	BodyPump	Diane A.	Denise
THURSDAY	9:00a	Spin	Chris/Brian	Brian
	10:30a	Cardio Combo Gold	Colleen	Joy
	5:10p	PIYo Live	Sue W.	Heather
	6:15p	H.I.I.T. Mix	Colleen	Heather
FRIDAY	5:15a	BodyShred	Sue W.	Amy P.
	8:00a	Hard Core	Chris	Jennifer K.
	8:30a	Cardio Circuit Blast will be BodyShred		Amy R.
	8:30a	Spin	Chris	Jennifer K.
	9:30a	Barre Class	Joy/Amy R.	Amy R.
	9:30a	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:00a	Hard Core	Sue W.	Diane A.
	8:30a	Boot Camp	Jack/Heather/Lory/Heather/Gina B.	Gina B.
	8:30a	H2O Boot Camp	Diane A./Amy P./Cheryl	Amy P.
	8:30a	Spin	Amy P./Lory/Lisa/Lory/TBA	Lory
	8:30a	Step Jam	Sue W.	Diane A.
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates Mat	Sue W./Lory	Lory
	10:30a	Body Pump Express	Amy R./Elizabeth	Elizabeth
	SUNDAY	9:40a	Zumba	Cindy/Jennifer/Diane/Elizabeth

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

lindenhursthfc.com