

# Group Exercise

OCT 15 – 21



## GROUP EXERCISE SUBSTITUTION LIST

*Updated on 10/17 at 6:15p*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Gina F.
	5:30pm	Tabata Conditioning will be Strong by Zumba with Jennifer		
TUESDAY	5:15am	BodyPump Express	Stephan	Amy P.
	8:30am	Spin Express	Amy R.	Jennifer
	9:15am	BodyPump	Amy R.	Elizabeth
	10:15am	Zumba Burst	Gina F./Jennifer	Nicole
	11:10am	Total Body Strength	Janice	Lory
WEDNESDAY	6:00pm	Spin	Beth	Marti
	6:20pm	WERQ	Jennifer K./Cindy	Cindy
THURSDAY	9:00am	Spin	Brian/Amy R.	Amy R.
FRIDAY	5:15am	Spin	Brian	Amy P.
	9:30am	Boot Camp	Colleen/Nikki	Colleen
	9:30am	Barre	Tasha/Amy R.	Tasha
SATURDAY	8:15am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Boot Camp	Gina B./TBA/Lory	Lory
	8:30am	Spin	Rotation	Suzu
	9:35am	BodyCombat	Amy R./Elizabeth	Amy R.
	9:35am	Pilates	Lory/Tasha	Lory
	10:00am	YoPiChi	Janice/Elaine	Elaine
	10:30am	BodyPump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Canella
	8:30am	Power Yoga	Canella/Amy P.	Canella
	9:40am	Zumba	Rotation	Nicole

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