

Group Exercise

NOV 5 – 11



GROUP EXERCISE SUBSTITUTION LIST

Revised 11/7/18 at 3pm

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Elizabeth
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Gina F.
	5:30pm	Bodypump Express	Colleen	Joy
WEDNESDAY	No subs listed			
THURSDAY	9:00am	Spin	Brian/Amy R.	Brian
FRIDAY	9:30am	Barre	Tasha/Amy R.	Amy R.
	9:30am	Boot Camp	Colleen/Nikki	Nikki
SATURDAY	8:15am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Boot Camp	Rotation	Lory
	8:30am	Spin	Rotation	Suzy
	9:35am	BodyCombat	Amy R./Elizabeth	Elizabeth
	9:35am	Pilates	Lory/Tasha	Lory
	10:00am	WW Stretch & Flow	Janice/Elaine	Elaine
	10:30am	BodyPump Express	Amy R./Elizabeth	Elizabeth
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Amy P.
	8:30am	Power Yoga	Canella/Amy P.	Amy P.
	9:40am	Zumba	Rotation	Elizabeth