

# Group Exercise

DEC 10 – 16



## GROUP EXERCISE SUBSTITUTION LIST

*Updated on 12/14 at 5:20p*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Gina F.
TUESDAY	10:15am	Zumba Burst	Gina F./Jennifer	Jennifer
WEDNESDAY	5:15am	Boot Camp	Sue W.	Stephen
	9:30am	Body Combat	Amy R.	Elizabeth
	6:00pm	Spin	Beth	Suzy
THURSDAY	9:00am	Spin	Brian/Amy R.	Brian
	5:30pm	Spin	Marti	Suzy
FRIDAY	5:15am	BodyShred	Sue W.	Amy P.
	9:30am	Barre	Tasha/Amy R.	Amy R.
	9:30am	Boot Camp	Colleen/Nikki	Colleen
SATURDAY	8:30am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Boot Camp	Gina/TBA/Lory	Lory
	8:30am	Spin	Rotation	Suzy
	9:35am	Pilates	Lory/Tasha	Lory
	9:35am	Body Combat	Amy R./Elizabeth	Jennifer
	10:00am	WW Stretch & Flow	Janice/Elaine	Janice
	10:30am	Bodypump Express	<b>CANCELED</b>	
SUNDAY	8:00am	Foam & Roll	Canella/Amy P.	Canella
	8:30am	Power Yoga	Canella/Amy P.	Canella
	9:40am	Zumba	Rotation	Diane A.