

Group Exercise

APRIL 16 – 22



GROUP EXERCISE SUBSTITUTION LIST

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30a	Zumba Gold	Gina F./Elizabeth	Gina F.
TUESDAY	10:15a	Zumba Burst	Gina F./Jennifer	Jennifer
WEDNESDAY	6:35p	WERQ	Jennifer K./Cindy	Cindy
THURSDAY	9:00a	Spin	Brian/Amy R.	Brian
FRIDAY	8:30a	Spin		Michelle
	9:30a	Barre Class	Tasha/Amy R.	Tasha
	9:30a	Boot Camp	Colleen/Nikki	Colleen
SATURDAY	8:30a	Boot Camp	Gina B./Heather/Lory	Lory
	8:30a	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30a	Spin	Michele/Lory/TBA/Lory/TBA	Suzanne
	9:35a	Body Combat	Amy R./Elizabeth	Elizabeth
	9:35a	Pilates Mat	Sue W./Lory	Lory
	10:00a	YoPiChi	Elaine	Janice
	10:30a	BodyPump Express	Amy R./Elizabeth	Elizabeth
SUNDAY	8:00a	Foam & Roll	Canella/Amy P.	Canella
	8:30a	Power Yoga	Canella/Amy P.	Canella
	9:40a	Zumba	Rotation	Diane

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