

Group Exercise

JULY 9 – 15



GROUP EXERCISE SUBSTITUTION LIST

Revised on 7/10 at 3:10pm.

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:30am	Zumba Gold	Gina F./Elizabeth	Gina F.
	6:15pm	Spinning	Suzanne	Beth
TUESDAY	5:15am	BodyPump Express	Stephen	Amy P.
	10:15am	Zumba Burst	Gina F./Jennifer	Jennifer K.
	5:30pm	H2O HIIT Training	Lory	Terry
WEDNESDAY	9:00am	Arthritis	Elaine	Terry
	10:00am	YoPiChi	Elaine	Terry
	10:30am	Pilates	Lory	Janice
	6:20pm	WERQ	Jennifer/Cindy	Jennifer
THURSDAY	9:00am	Spinning	Brian/Amy R.	Brian
	9:00am	Meditation Yoga	Elaine	Canella
	1:00pm	Arthritis	Cheryl	Terry
FRIDAY	9:30am	Barre	Tasha/Amy R.	Tasha
	9:30am	Bootcamp	Colleen/Nikki	Nikki
SATURDAY	8:30am	Bootcamp	Gina B./TBA/Lory	Amy R.
	8:30am	H2O Dance Party	Tasha/Diane A.	Diane A.
	8:30am	Spinning	Michelle/Lory/Suzanne/TBA	Suzy
	9:35am	Pilates	Lory/Tasha	Janice
	9:35am	BodyCombat	Amy R./ Elizabeth	Amy R.
	10:00am	YoPiChi	Janice/Elaine	Mary
	10:30am	Bodypump Express	Amy R./Elizabeth	Amy R.
SUNDAY	8:00am	Foam & Roll	Canella/Amy R.	Canella
	8:30am	Power Yoga	Canella/Amy P.	Canella
	9:40am	Zumba	Rotation	Jennifer

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