

Group Exercise

SEPT 24 – 30



GROUP EXERCISE SUBSTITUTION LIST

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	9:15am	H2O Bootcamp	Terry	Diane W.
	2:00pm	Arthritis	Terry	Cheryl
	6:20pm	WERQ	Jennifer K./Cindy	Jennifer
THURSDAY	9:00am	Spin	Brian/Amy R.	Amy R.
	5:15pm	Piloxing	Sue	Milana
FRIDAY	9:30am	Boot Camp	Colleen/Nikki	Nikki
	9:30am	Barre	Tasha/Amy R.	Amy R.
SATURDAY	8:15am	H2O Dance Party	Tasha/Daine A.	Tasha
	8:30am	Boot Camp	Gina B./TBA/Lory	Gina B.
	8:30am	Spinning	Rotation	Marti
	9:35am	Pilates	Lory/Tasha	Tasha
	9:35am	BodyCombat	Amy R./Elizabeth	Elizabeth
	10:00am	YoPiChi	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