

<b>WIM 65</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Cheri	Steffanie
Track 2-Linear	Chris	Amber
Track 3-Lateral	Amber	Chris
Track 4-Speed	Amber	Chris
Track 5-Group	Chris	Amber
Track 6-Suspension	Steffanie	Rebecca
Track 7-Upper Body	Rebecca	Genevelyn
Track 8-Lower Body	Steffanie	Genevelyn
Track 9-Core	Rebecca	Genevelyn
Track 10-Flexibility	Cheri	Steffanie
Track 11- Bonus	Cheri	Steffanie

**Filming order: 1,10,11,2,5,3,4,6,8,7,9**

**Legs: Skyler, Sara U**

<b>WIM 66</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Cheri	Steffanie
Track 2-Linear	Chris	Amber
Track 3-Lateral	Amber	Chris
Track 4-Speed	Amber	Chris
Track 5-Group	Chris	Amber
Track 6-Suspension	Steffanie	Rebecca
Track 7-Upper Body	Rebecca	Genevelyn
Track 8-Lower Body	Steffanie	Genevelyn
Track 9-Core	Rebecca	Genevelyn
Track 10-Flexibility	Cheri	Steffanie
Track 11- Bonus	Chris	Steffanie

**Filming order: 1,10,11,2,5,3,4,6,8,7,9**

**Legs: Skyler, Sara U**

<b>PLATINUM 43</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Sara K	Mac
Track 2-Posture	Tani	Mac
Track 3-Balance	Judy	Jackie
Track 4-Community	Jackie	Leigh
Track 5-Memory	Mac	Tani
Track 6-Speed	Mac	Tani
Track 7-Mobility	Jackie	Judy
Track 8-ADL's	Jackie	Leigh
Track 9-Core	Mac	Tani
Track 10-Flexibility	Sara K	Mac

**Filming order: 1,10,2,3,4,7,8,5,6,9**

**Legs: Heather, Aprele**

<b>PLATINUM 44</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Sara K	Mac
Track 2-Posture	Tani	Mac
Track 3-Balance	Judy	Jackie
Track 4-Community	Jackie	Leigh
Track 5-Memory	Mac	Tani
Track 6-Speed	Mac	Tani
Track 7-Mobility	Jackie	Judy
Track 8-ADL's	Jackie	Leigh
Track 9-Core	Mac	Tani
Track 10-Flexibility	Sara K	Mac

**Filming order: 1,10,2,3,4,7,8,5,6,9**

**Legs: Heather, Aprele**

<b>Strength 22</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Sara K	Mac
Track 2- Lower Body 1	Tani	Mac
Track 3-Upper Body 1	Judy	Jackie
Track 4-Core 1	Jackie	Leigh
Track 5-Active Recovery	Mac	Tani
Track 6-Lower Body 2	Mac	Tani
Track 7-Upper Body 2	Jackie	Judy
Track 8-Core	Jackie	Leigh
Track 9-Active Recovery	Mac	Tani
Track 10-Flexibility	Sara K	Mac

**Filming order: 1,10,2,3,4,7,8,5,6,9**

**Legs: Heather, Aprele**

<b>Deep 3</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Cheri	Steffanie
Track 2- Short Levers	Chris	Amber
Track 3- Long Levers	Amber	Chris
Track 4- Travel	Amber	Chris
Track 5- Speed	Chris	Amber
Track 6- Upper Body	Steffanie	Rebecca
Track 7- Lower Body	Rebecca	Genevelyn
Track 8- Stability/Balance	Steffanie	Genevelyn
Track 9- Core	Rebecca	Genevelyn
Track 10-Flexibility	Cheri	Steffanie

**Filming Order: 1,10,2,5,3,4,6,8,7,9**

**Legs: Skyler, Sara U**

<b>Strength 23</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Sara K	Mac
Track 2- Lower Body 1	Tani	Mac
Track 3-Upper Body 1	Judy	Jackie
Track 4-Core 1	Jackie	Leigh
Track 5-Active Recovery	Mac	Tani
Track 6-Lower Body 2	Mac	Tani
Track 7-Upper Body 2	Jackie	Judy
Track 8-Core	Jackie	Leigh
Track 9-Active Recovery	Mac	Tani
Track 10-Flexibility	Sara K	Mac

**Filming order: 1,10,2,3,4,7,8,5,6,9**

**Legs: Heather, Aprele**

<b>Deep 4</b>	<b>LEAD</b>	<b>BACKUP</b>
Track 1- Warm Up	Cheri	Steffanie
Track 2- Short Levers	Chris	Amber
Track 3- Long Levers	Amber	Chris
Track 4- Travel	Amber	Chris
Track 5- Speed	Chris	Amber
Track 6- Upper Body	Steffanie	Rebecca
Track 7- Lower Body	Rebecca	Genevelyn
Track 8- Stability/Balance	Steffanie	Genevelyn
Track 9- Core	Rebecca	Genevelyn
Track 10-Flexibility	Cheri	Steffanie

**Filming Order: 1,10,2,5,3,4,6,8,7,9**

**Legs: Skyler, Sara U**