

Spring S.E.A.T. Track Assignments Release 13

RELEASE 13		Lead	Back-Up
TRACK 1	Warm Up	Ann	Diane
TRACK 2	Posture	Diane	Jackie
TRACK 3	Cardio	Tani	Zory
TRACK 4	Balance	Jackie	Zory
TRACK 5	Memory	Diane	Jackie
TRACK 6	Mobility	Kristine	Tani
TRACK 7	Strength	Ann	Zory
TRACK 8	Sit to Stand	Ann	Kristine
TRACK 9	ADL	Kristine	Tani
TRACK 10	Flexibility	Diane	Tani
Directors	Sara V	Ann	
Rehearse/Film: 1,7,8,2,5,10,3,4,6,9			