

Spring S.E.A.T. Track Assignments Release 14

RELEASE 14		Lead	Back-Up
TRACK 1	Warm Up	Ann	Melissa
TRACK 2	Posture	Sara V	Manuel
TRACK 3	Cardio	Manuel	Sara V
TRACK 4	Balance	Ann	Sara V
TRACK 5	Memory	Cheri	Sara V
TRACK 6	Mobility	Sara V	Manuel
TRACK 7	Strength	Manuel	Sara V
TRACK 8	Sit to Stand	Cheri	Melissa
Track 9	ADL	Melissa	Cheri
Track 10	Flexibility	Manuel	Melissa
Directors	Diane	Cheri	
Rehearse/Film: 1,4,5,8,9, 2,6,3,7,10			