

# Spring S.E.A.T. Track Assignments Release 16

<b>RELEASE 16</b>		<b>Lead</b>	<b>Back-Up</b>
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
<b>Directors</b>	<b>Diane</b>	<b>Cheri</b>	
Rehearse/Film: 1,4,5,8,9, 2,6,3,7,10			