

SEAT FILMING 17,18,19,20**SUNDAY - May 4, 2025**4:00-6:00 **Rehearse 19 / Rehearse 20**

6:00 TEAM Dinner

MONDAY - May 5, 20257:00-9:00 **Film 20 / Rehearse 17**9:00-11:00 **Film 17 / Rehearse 18**

11:00-12:00 TEAM Lunch

12:00-2:00 **Film 18**2:00-4:00 **Film 19****Cinamotographer - Ben****Rehearsal Room- Bonaire 5 & 6**<https://seatfitness.com/hub/>

Filming & rehearsal RMs are confirmed

<https://seatfitness.com/hub/>**SEAT 17 & 19 Drivers****Ann *****Jackie *****Kristine****Liz****Diane****Finish 4:00****Directors *****SEAT 18 & 20 Flyers****Sara V *****Cheri *****Billie (18 only)****Manuel****Zory****Christine K (backup)****Finish 2:00****Directors ***

RELEASE 17		Lead	Back-Up
TRACK 1	Warm Up	Ann	Diane
TRACK 2	Posture	Kristine	Liz
TRACK 3	Cardio	Diane	Kristine
TRACK 4	Balance	Ann	Jackie
TRACK 5	Memory	Liz	Diane
TRACK 6	Mobility	Jackie	Ann
TRACK 7	Strength	Diane	Liz
TRACK 8	Sit to Stand	Jackie	Ann
TRACK 9	ADL	Liz	Kristine
TRACK 10	Flexibility	Kristine	Jackie

Rehearse/Film: 1, 4, 6, 8, 10, 2, 9, 5, 3, 7

RELEASE 19		Lead	Back-Up
TRACK 1	Warm Up	Ann	Diane
TRACK 2	Posture	Kristine	Liz
TRACK 3	Cardio	Diane	Kristine
TRACK 4	Balance	Ann	Jackie
TRACK 5	Memory	Liz	Diane
TRACK 6	Mobility	Jackie	Ann
TRACK 7	Strength	Diane	Liz
TRACK 8	Sit to Stand	Jackie	Ann
TRACK 9	ADL	Liz	Kristine
TRACK 10	Flexibility	Kristine	Jackie

Rehearse/Film: 1, 4, 6, 8, 10, 2, 9, 5, 3, 7

RELEASE 18		Lead	Back-Up
TRACK 1	Warm Up	Manuel	Sara V
TRACK 2	Posture	Zory	Christina
TRACK 3	Cardio	Manuel	Billie
TRACK 4	Balance	Billie	Zory
TRACK 5	Memory	Billie	Manuel
TRACK 6	Mobility	Sara V	Zory
TRACK 7	Strength	Sara V	Manuel
TRACK 8	Sit to Stand	Zory	Christina
Track 9	ADL	Cheri	Billie
Track 10	Flexibility	Cheri	Christina

Rehearse/Film: 10, 9, 4, 5, 3, 1, 7, 6, 2, 8

RELEASE 20		Lead	Back-Up
TRACK 1	Warm Up	Manuel	Sara V
TRACK 2	Posture	Zory	Christine
TRACK 3	Cardio	Manuel	Billie
TRACK 4	Balance	Billie	Zory
TRACK 5	Memory	Billie	Manuel
TRACK 6	Mobility	Sara V	Zory
TRACK 7	Strength	Sara V	Manuel
TRACK 8	Sit to Stand	Zory	Christina
Track 9	ADL	Cheri	Billie
Track 10	Flexibility	Cheri	Christina

Rehearse/Film: 10, 9, 4, 5, 3, 1, 7, 6, 2, 8

(Sara V)

(Cheri)

(Billie)