

# Group Exercise Substitution Schedule

10/9/2017—10/15/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:00a	Arthritis	Marylee	Kris
	5:00p	Aqua	Diane	Carl
TUESDAY	10:30a	Tai Chi	Liza	Tom
WEDNESDAY	6:30p	Metabolic Conditioning	Stephen	Norman
THURSDAY	8:30a	Shockwave	Stephen	Gemma
	9:00a	Arthritis	Mary	Susan A.
	9:30a	Pilates Mat	Loralee	Suzann E.
	10:00a	Arthritis	Mary	Kate
	10:30a	Body Pump	Loralee	GEMMA
	11:00a	Arthritis	Mary	Kate
FRIDAY	8:30a	Pilates Mat	Lorie	Susan A.
	9:00a	Aqua	Loralee	Tracey
	10:00a	Arthritis	Loralee	Tracey
	11:00a	Ai Chi	Loralee	Canella
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:00a	Cardio Interval	Rotation	Denise
	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Denise
	10:45a	Fit for Life	Diane/Susan A	Susan A
SUNDAY	8:00a	Cycle	Rotation	Tracey
	9:00a	Aqua	Rotation	Tracey
	9:10a	Body Pump	Rotation	TBD
	10:00a	Arthritis	Rotation	Tracey
	1:00pm	Total Body Yoga	Liza	Suzann E



Lake Forest  
Health & Fitness Center