

Group Exercise Substitution Schedule

6/19/2017—6/25/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	11:00a	Yoga Basics	Liza	Werner
	5:20p	Yoga Basics	Cara	Marjorie
	6:30p	Mindful Flow	Angela	Marjorie
	5:30p	Arthritis	Susan	Dale
TUESDAY	9:00a	Aqua Aerobics	Susan	Susie
	10:30a	Tai Chi – NO CLASS TODAY		
	11:30a	Total Body Yoga	Liza	Susan E.
	1:00p	Restorative Yoga	Canella	Marjorie
	5:30p	Arthritis	Susan A.	Marylee
WEDNESDAY	NO SUBS			
THURSDAY	5:30p	Arthritis	Diane	Dale
FRIDAY	9:15a	Mindful Flow Yoga	Marlene	Marjorie
	10:00a	Arthritis	Loralee	Samantha
	11:00a	Ai Chi	Loralee	Canella
	5:30p	Aqua Aerobics	Rotation	Carl
SATURDAY	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Arthritis	Pam	Kris
	9:00a	Body Pump	Kaye/Denise	Denise
	10:15a	Triple Threat	Rotation	Deena
SUNDAY	9:00a	Aqua Aerobics	Rotation	Kathy
	9:00a	Vinyasa Flow Yoga	Angela	Sarah
	9:10a	Body Pump	Rotation	Seika
	10:00a	Arthritis	Rotation	Kathy

**Tuesdays in June:
Stride & Stretch
Walking Group
10:15-11:15 a.m.
Register at Front Desk &
meet in the lobby!**

**Foam Roller Class
Challenge
Every Wednesday
June – August
10:30-11:15 a.m.
Main Studio
Attend 6 class and
receive a gift! Punch
cards are located at
Front Desk.**



Lake Forest
Health & Fitness Center