

# Group Exercise Substitution Schedule

10/8/18 – 10/4/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Gentle Yoga	Sheila	Marjorie
	9:15a	Power Yoga	Sheila	Marjorie
	11:00a	Yoga Basics	Liza	Marjorie
TUESDAY	10:00a	Arthritis	Dale	Terry
	10:30a	Soft Tai Chi/Qi Gong	Liza	Tom
	11:30a	Total Body Yoga	Liza	Suzann E.
	11:30a	Strength & Balance	Dale	Audrey
WEDNESDAY	6:00a	Vinyasa Yoga	Sheila	Marjorie
	9:15a	Cycle	Lisa	Melissa
THURSDAY	11:35a	Strength & Balance	Dale	Susie P.
	4:30p	Sculpt & Core	Gemma	Taylor
	5:30p	Arthritis	Rotation	Terry
FRIDAY	8:00a	Pilates Mat	Lorie	Taylor
	8:30a	Triple Threat	Gemma	Brock
	9:00a	Aqua	Loralee	Taylor
	9:15a	Cycle	Lisa	Amy P.
	10:00a	Arthritis	Loralee	Marylee
	11:00a	Ai Chi	Drew	Kris
	5:30a	Aqua	Rotation	Carl
SATURDAY	9:00a	Body Pump	Rotation	Taylor
	9:00a	Aqua	Rotation	Terry
	10:00a	Arthritis	Rotation	Marylee
SUNDAY	9:00a	Vinyasa Yoga	Angela	Suzan E.
	9:10a	Body Pump	Rotation	Victor
	9:00a	Aqua	Rotation	Susie P.
	10:00a	Arthritis	Rotation	Susie P.
	11:30a	Yoga Sculpt	Liza	Werner
	1:00p	Total Body Yoga	Liza	Suzann E.



Lake Forest  
Health & Fitness Center