

Group Exercise Substitution Schedule

8/7/2017—8/13/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Cycle	Julie	Melissa
	5:20p	Yoga Basics	Marjorie	Susan E.
TUESDAY	NO SUBS			
WEDNESDAY	5:15p	Pilates+Equipment	Sue	Michelle
THURSDAY	8:00a	Gentle Yoga	Marlene	Susan E.
	11:30a	Restorative Yoga	Marlene	Susan E.
FRIDAY	6:00a	Vinyasa Flow Yoga	Maryanna	Sheila
	9:15a	Mindful Flow Yoga	Marlene	Tasha
SATURDAY	8:30a	Vinyasa Flow Yoga	Rotation	Wendy
	9:00a	Body Pump	Kaye/Denise	Kaye
	10:15a	Triple Threat	Rotation	Deena
SUNDAY	9:10a	Body Pump	Rotation	Victor
	10:15a	Cardio Interval NEW	Rotation	Deena
	1:00p	Total Body Yoga	Liza	Stephanie



Lake Forest
Health & Fitness Center