

Group Exercise Substitution Schedule

5/20/19 – 5/26/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	5:30p	Zumba/WERQ	Lisa P	Nicole
TUESDAY	9:00a 10:15a	Circuits Bodypump	Gemma/Amy R Gemma/Amy R	Amy W Amy R
WEDNESDAY	5:30p	Arthritis	Terry	Pam
THURSDAY	8:00a 8:30a 9:15a 5:30p	Core Conditioning Shockwave Cycle Express Arthritis	Amy W Amy W Amy R/Kristina Terry	Amy R Amy R Kristina Marylee
FRIDAY	8:30a 5:30p	Triple Threat Aqua Aerobics	Rotation Carl/Taylor	Amy C Carl
SATURDAY	8:15a 9:00a 10:00a	Bodycombat Bodypump Arthritis	1 st 3 rd & 5 th Sat. Denise/Amy R Rotation	Will not be held Denise Marylee
SUNDAY	9:00a 9:15a 9:10a 10:00a	Aqua Cycle Body Pump Arthritis	Rotation Marti/Suzy Rotation Rotation	Loralee Marti Amy C Loralee



Lake Forest
Health & Fitness Center