

Group Exercise Substitution Schedule

6/10/19 – 6/16/19

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Arthritis	Marylee	Pam
	9:00a	Arthritis	Marylee	Pam
	9:00a	Aqua Aerobics	Lora	Taylor
	12:15p	Dance 101	Will not be held	
TUESDAY	9:00a	Circuits	Gemma/Amy R	Gemma
	9:00a	Aqua Aerobics	Taylor	Amy R
	10:15a	Bodypump: Launch 110	Gemma/Amy R	Gemma/Amy R
WEDNESDAY	9:15a	Vinyasa Flow Yoga	Canella	Marjorie
	11:00a	Barre	Janine	Amy C
	11:00a	Ai Chi	Canella	Terry
	6:30p	Aqua Yoga	Canella	Terry
THURSDAY	9:15a	Cycle Express	SusanE/Kristina	Susan E
	9:30a	Barre	Janine	Amy R
	4:30p	Sculpt & Core	Taylor	Werner
	5:30p	Tabata Conditioning	Taylor	Werner
FRIDAY	8:00a	Pilates Mat	Lorie B	Joy
	8:30a	Triple Threat	Rotation	Gemma
	9:00a	Arthritis	Kate	Pam
	9:15a	Cycle	Lisa H	Cathy
	5:30p	Aqua Aerobics	Carl/Dorothy	Dorothy
SATURDAY	8:00a	Bodycombat	Amy R/Amy C	Amy R
	9:00a	Bodypump	Denise/Amy R	Amy R
	10:00a	Arthritis	Rotation	Marylee
	10:00a	Hatha Yoga	Steve	Werner
	11:00a	Aqua Yoga	Canella	Terry
SUNDAY	9:00a	Aqua	Rotation	Susie P
	9:15a	Cycle	Marti/Suzy	Suzy
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Susie P



Lake Forest
Health & Fitness Center