

Group Exercise Substitution Schedule

September 18th – September 24th

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	None Listed			
TUESDAY	8:00am 9:15am	My Zone HIIT Cycle & Strength	Lora Lora	Amy C Susan E
WEDNESDAY	9:00am 9:30am 11:30am	Core Conditioning Simply Strength Balance & Stability	Lora Lora Fabian	Susan E Susan E Amy R
THURSDAY	None Listed			
FRIDAY	8:00am 9:00am 9:30am	Aqua Arthritis Aqua Aerobics Cycle	Rotation Rotation Lisa	Kathy Kathy Susan E
	9:00am Vinyasa Flow Yoga will not be held due to the one-time pop-up class shown down below. Registration not required.			
SATURDAY	None Listed			
SUNDAY	9:00am 10:15am	Aqua Aerobics Aqua Arthritis	Rotation Rotation	Kathy Kathy

Northwestern
Medicine
Lake Forest Health & Fitness Center

The Joy
of Yoga
with Liza

NO
REGISTRATION
REQUIRED

Come and let's move and groove our way into Fall.

In this class, you will experience an active exploration of Ananda (bliss) or Muditha (joy). We will move through a series of poses, led by the beat of the music, to help you connect with your inner joy. The class will feature the 10 happiest rock songs of all time, including "Walking on Sunshine."

This class is suitable for anyone who has a yoga background, regular practice, and likes to move.

Date
Friday, September 22

Time
9 - 10:15 am

Location
Wellness Studio

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