

# Group Exercise Substitute Schedule

April 22<sup>nd</sup> – April 28<sup>th</sup>

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	10:15am	Aqua Arthritis	Pam	Susie P
	5:30pm	All Levels Yoga	Steve	Tatiana
	7:00pm	Gentle Yoga	Steve	Tatiana
TUESDAY	None Listed			
WEDNESDAY	9:00am	Core Conditioning	Lora	Werner
	930am	Simply Strength	Lora	Susan E

THURSDAY



All levels high intensity training workout. Tread and Shred is a one hour, all levels high intensity training workout. We combine treadmills plus a variety of equipment on the floor for a full body workout every class.

Date and Time  
Thursday April 25,  
10:30 am  
Location  
Meet at the fitness desk.  
Max capacity of eight people.

Registration is required for this class. For more information, please call 847.535.7060 or visit the Member Services Desk.

Northwestern Medicine  
Lake Forest Health & Fitness Center  
1200 North Westmoreland Road  
Lake Forest, Illinois 60045  
847.535.7064  
lakeforesthfc.com

FRIDAY	8:00am	Aqua Arthritis	Rotation	Jody
	9:00am	Aqua Aerobics	Rotation	Jody
	9:30am	Cycle	Lisa	Susan E
SATURDAY	9:15am	Aqua Arthritis	Pam	Marylee
SUNDAY	9:00am	Aqua Aerobics	Rotation	Jody
	10:15am	Aqua Arthritis	Rotation	Jody