

Group Exercise Substitution Schedule

9/11/2017—9/17/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Arthritis	Marylee	Lora
	9:00a	Arthritis	Marylee	Susan A.
	10:00a	Arthritis	Marylee	Kris
	12:30p	Arthritis	Loralee	Kris
	5:20p	Yoga Basics	Marjorie	Susan E.
	5:30p	Boot Camp	Norman	Seika
TUESDAY	5:30a	Body Pump	Kaye	Amy P
	9:00a	Arthritis	Loralee	Susan E.
	1:00p	Restorative Yoga	Canella	Susan E.
WEDNESDAY	11:00a	Ai Chi	Canella	Amy P.
	6:30p	Metabolic Training	Stephen	TBD
THURSDAY	9:35a	Pilates + Equip	Loralee	Susan E.
	10:30a	Body Pump	Loralee	Amy P.
FRIDAY	9:00a	Aqua	Loralee	Tracey
	10:00a	Arthritis	Loralee	Tracey
	11:00a	AiChi	Loralee	Canella
	5:30p	Aqua	Rotation	Diane
SATURDAY	8:30a	Vinyasa Flow Yoga	Rotation	Sarah
	9:00a	Body Pump	Kaye/Denise	Kaye
SUNDAY	8:00a	Cycle	Michele	Tracey
	9:00a	Aqua	Rotation	Tracey
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Tracey



Lake Forest
Health & Fitness Center