

# Group Exercise Substitution Schedule

2/12/2018—2/18/2018

*Revised 2/12 at 12:45p*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Power Yoga	Maryanna	Sheila
	10:00a	Arthritis	Marylee	Kris
	5:20p	Yoga Basics	Marjorie	Liza
TUESDAY	11:30a	Strength & Balance	Dale	Diane
	1:00p	Restorative Yoga	Marjorie	Suzann
WEDNESDAY	9:00a	Arthritis	Amy K.	Marylee
	11:30a	Heart Plus (AOA)	Kris	Werner
	1:45p	Chair Yoga	Maryanna	Canella
THURSDAY	12:00p	Strength & Balance	Dale	Diane
	1:00p	Yoga Basics	Marjorie	Maryanna
FRIDAY	5:30a	Cardio & Core Tabata	Amy K.	Jessica
	8:00a	Arthritis	Dale	Susan A.
	9:15a	Mindful Yoga	Marjorie	Marlene
	11:05a	Heart Plus (AOA)	Kris	Amy P.
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Denise
	8:30a	Vinyasa Flow Yoga	Rotation	Suzann
	9:00a	Arthritis	Pam	Marylee
	9:00a	Body Pump	Kaye/Denise	Denise
	10:30a	Fit for Life	Diane/Susan A.	Susan A.
SUNDAY	8:00a	Cycle	Michele/Bill	Bill
	9:00a	Aqua	Rotation	Tracey
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Tracey



Lake Forest  
Health & Fitness Center