

# Group Exercise Substitution Schedule

4/16/18 – 4/22/18

*Revised 4/16 at 12p*

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	No Subs listed			
TUESDAY	8:30a	HIIT Training	Lora	Amy P.
	9:00a	Circuits	Gemma	Brock
	10:15a	Body Pump	Gemma	Joy Z.
	6:30p	Body Pump Express	Stephen	Kaye
WEDNESDAY	6:00a	Cycle	Amy	Bill
	8:00a	Circuits	Stephen	Jessica
	6:30p	Metabolic Conditioning	Stephen	Norman
THURSDAY	8:00a	Core Conditioning	Stephen	Lisa H.
	8:30a	Shock Wave	Stephen	Lisa H.
	9:00a	Arthritis	Mary	Kris
	10:00a	Arthritis	Mary	Kris
	10:30a	Yogalates	Amy	Suzann E.
	11:00a	Arthritis	Mary	Kris
	6:30p	Fibro	Lisa W.	Susan A.
FRIDAY	5:30a	Cardio & Core Tabata	Amy K.	Brock
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:00a	Cardio Interval	Kaye/Denise	Denise
	8:30a	Vinyasa Flow Yoga	Rotation	Sheila
	9:00a	Body Pump	Kaye/Denise	Denise
	10:30a	Fit for Life	Rotation	Pam
SUNDAY	8:00a	Cycle	Rotation	Bill
	9:00a	Aqua	Rotation	Kathi
	9:00a	Vinyasa Flow Yoga	Angela	Suzann E.
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Kathi



Lake Forest  
Health & Fitness Center