

Group Exercise Substitution Schedule

7/16/18 – 7/22/18

Revised 7/17 at 4:30p

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	8:00a	Core Conditioning	Lisa	Stephen
	8:30a	Total Body Conditioning	Lisa	Stephen
	9:15a	Cycle Express	Julie	Melissa B.
	9:15a	Power Yoga	Maryanna	Sheila
	11:00a	Nia	Myrna	Katy
	5:20p	Yoga Basics	Marjorie	Liza
TUESDAY	8:00a	Core Conditioning	Lora D.	Amy W.
	8:30a	HIIT	Lora	Amy W.
	9:15a	Cycle & Strength	Lora	Cathy
	1:00p	Restorative Yoga	Marjorie	Marlene
WEDNESDAY	9:00a	Core Conditioning	Lora	Werner
	9:30a	Simply Strength	Lora	Werner
	10:30a	Foam Roller	Lora	Werner
THURSDAY	Body Pump #106 Launch – check out the 5:30AM and 10:30AM classes!			
	10:30a	Yogalates	Amy P.	Wendy C.
	12:00p	Strength & Balance	Dale	Diane
	1:00p	Yoga Basics	Marjorie	Sarah
	4:30p	Sculpt & Core	Gemma	Amy W.
FRIDAY	8:00a	Arthritis	Dale	Terry
	9:15a	Mindful Yoga	Marjorie	Sarah
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:30a	Vinyasa Flow Yoga	Wendy/Sarah	Sarah
	9:00a	Aqua	Rotation	Terry
	9:00a	Body Pump	Kaye/Denise	Denise
	9:15a	Cycle	Melissa	Cathy
	10:00a	Arthritis	Rotation	Terry
SUNDAY	9:00a	Aqua	Rotation	Kathi D.
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Kathi D.
	11:30a	Yoga Sculpt	Liza	Werner
	1:00p	Total Body Yoga	Liza	Suzann E.



Lake Forest Health & Fitness Center