

Group Exercise Substitution Schedule

11/13/2017—11/19/2017

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY				
	6:30p	Vinyasa Flow Yoga	Rotation	Angela
TUESDAY				
	5:30a	Body Pump	Kaye	Loralee
	4:30p	Total Body Conditioning	Rotation	Melissa
WEDNESDAY				
	No subs scheduled			
THURSDAY				
	6:00a	Cycle	Michele	Bill
	9:00a	Arthritis	Mary	Susan A
	10:00a	Arthritis	Mary	Kris
	11:00a	Arthritis	Mary	Kris
FRIDAY				
	5:30p	Aqua	Rotation	Carl
SATURDAY				
	8:00a	Cardio Interval	Rotation	Denise
	8:30a	Vinyasa Flow Yoga	Rotation	Suzann
	9:00a	Body Pump	Kaye/Denise	Denise
	10:30a	Fit for Life	Diane/Susan A	Diane
SUNDAY				
	8:00a	Cycle	Rotation	Tracey
	9:00a	Vinyasa Yoga	Angela	Sue W
	9:00a	Aqua	Rotation	Tracey
	9:10a	Body Pump	Rotation	Victor
	10:00a	Arthritis	Rotation	Tracey



Lake Forest
Health & Fitness Center