

Lakeshore Sport & Fitness
Illinois Center

Core Strength SEPTEMBER

Sep-18

MONDAY		TUESDAY		WEDNESDAY	
715-815AM YS	FundamentalYOGA Tatiana Morozova	715-815AM YS	VinyasaFLOWL1-L3 Manny Garcia	715-815AM YS	FundamentalYOGA Anngela Leone
1215-1PM YS	Pilates Mat Joanna Tomczynska	12-1PM YS	fundamentalYOGA Bridget Skags	1215-115PM RT	outdoorYOGA Halle Miroglotta
1-2PM YS	vinyasaFLOW L1-L3 Lani Granum				
545-630 YS	Pilates Mat Tatiana Morozova	515-6PM YS	Pilates Mat Joanna Tomczynska	530-630PM YS	vinyasaYOGA open Carolyn Schalansky
630-730PM YS	vinyasaYOGA L2-L3 Bridget Skaggs	6-7PM YS	vinyasaFLOW OPEN Amanda Brizic	630-730PM YS	powerFLOW YOGA Bridget Skags

For more information, contact MarceloE@LakeshoreSF.com or visit www.LakeshoreSF.com



THURSDAY		FRIDAY		SATURDAY	
715-815AM YS	vinyasaFLOW OPEN Manny Garcia	715-815AM YS	VinyasaFLOWL1-L3 Tatiana Morozova	900-1015 YS	VinyasaFLOWL1-L3 Angela Leone
				1015-11AM YS	Pilates Mat Tatiana Morozova
				11-12pm YS	powerFLOW L2-L3 Tatiana Morozova
1215-115PM YS	fundamentaYOGA Bridget Skaggs	1215-1PM YS	Pilates Mat Zineb Chraibi		
		1-2PM YS	POWERflowL2-L3 Alissa Raisis		
				SUNDAY	
				9-1015AM YS	POWERflow Open Alissa Raisis
				1030-1115AM YS	Pilates Mat Tatiana Morozova
530-630PM YS	FundamentaYOGA Halle Miroglotta	6-7PM YS	candleLIGHT-YOGA Jack Ryan		

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Group Fitness Schedule SEPTEMBER

Sep-18

MONDAY		TUESDAY		WEDNESDAY	
630-715AM CS	Studio Cycling Chad Ehrhardt	630-715AM MS	CYCLE Sculpt Joanna Tomczynska	630-715AM MS	TABATAfusion Carla Coelho
630-730AM LP	\$\$ Masters Swim David Doerr	715-8AM MS	triDECAfect Joanna Tomczynska	630-715AM CS	Studio Cycling Marcelo Ehrhardt
630-715AM MS	fleX! Marcelo Ehrhardt			630-730AM LP	\$\$ Masters Swim Katie Michelau
715-745AM MS	TECHcore Marcelo Ehrhardt			715-745AM MS	TECHcore Marcelo Ehrhardt
1145-12:15PM TA	TREAD IT Ed Dailey	1130AM-1215PM TA	TpowerDASH Jenn Hogg	1145-1215PM TA	TREAD IT Marcelo Ehrhardt
1205-1250PM Meta S	META circuit Jenn Hogg	1145-1215PM MS	TECHcore Joanna Tomczynska	1205-1250 Meta S	META circuit Bredan Butkus
1215-1PM MS	FUERZA contact Marcelo Ehrhardt	1215-1PM CS	Studio Cycling Joanna Tomczynska	1215-1PM CS	Studio Cycling Marcelo Ehrhardt
1215-1PM CS	Studio Cycling Ed Dailey	1215-1PM MS	BODYformula Marcelo Ehrhardt	1215-1PM MS	fleX! Melissa Metro
1-145PM MS	barreBODY Joanna Tomczynska	1-145PM MS	SETS & REPS Joanna Tomczynska		
530-6PM MS	TECHupper Marcelo Ehrhardt	530-6PM MS	TECHcore Brendan Butkus	530-630PM MS	DANCE! Joanna Tomczynska
6-630PM MS	TECHlower Marcelo Ehrhardt	6-645PM Meta S	META circuit Brendan Butkus	545-630PM CS	Studio Cycling Ed Dailey
6-645PM Meta S	META circuit Joanna Tomczynska	6-645PM MS	tabataFUSION Carla Coelho	615-7PM Meta S	META circuit Tim Iberle
630-715pm CS	Studio Cycling Robert Pickart	615-7PM CS	Studio Cycling Joanna Tomczynska	630-715PM MS	FUERZAcontact Jenn Hogg

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GF CLASS DESCRIPTIONS

ATHLETEzone!
Designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in a circuit setting. Five exercises are given in the round- Each exercise is completed for 1 minute before having 10 seconds to move to the next station. Once two full rounds are completed you experience a recovery section where 5 new exercises are introduced for a second block of two rotations of the same interval, take another recovery while your 3rd and last block is introduced. Advanced levels only.

CYCLE party
a 45 minutes fun cycling class set to pop dance music- experience flats, hills, jumps, sprints and more. Super fun class for all!

FUERZAcontact
A fusion of American Kickboxing and Karate class done on free standing kickboxing bags. Learn techniques and execute three rounds of training set to music. Gloves are provided and experience on the bags is not necessary. All levels welcome

TETRA sculpt/ TETRA express
A full body training class that focuses on 4 layers of training. Layer 1 is the simple/single lifting exercise that alternates between upper body and lower body interval style. Layer 2 is one compound exercise completed in 1 minute. Layer 3 is your core training layer for 2 minutes and layer 4 is your 3 minute cardio high intensity interval layer. All levels are welcome TETRA express is a 30 minute version of this class- scheduled early morning

Body Formula
Developed by fitness presenter Marcelo Ehrhardt, BODYformula has evolved into a full body training system where simple to more complex exercises are explored using dumbbells, Body Bars, Medicine Balls and Step Platforms. Bursts of cardio appear within the frame of the class where the focus will be to push to an uncomfortable zone (anaerobic). Standing for nearly 3 quarters of the class, you finish class with multiple full body exercises that include core isometric work with dynamic stretching. All levels welcome.

FUERZAkickboxing
this class is a fusion of American kickboxing and karate that is technical, fun and easy to follow. This system introduces techniques that include the jab, the cross, the hook and the upper cut along with the front push, back push and roundhouse. Fast punching and Isometric Chambers are included as anaerobic segments to the training system. Participants are encouraged to have intermediate to advanced cardiovascular endurance but can have beginner to advanced kickboxing experience.

Full Body Architect
This Total Body Resistance Training class is taught by the LSF GF Body Training Team. The team will give you an individualized feel in a group setting while focusing on technical set up and form along with repetition and overload necessary for gaining strength and endurance. Class will also focus on progressing from simple to more complex exercises. All levels are welcome.

SETS & REPS
Going back to BASIC SCULPTING- using weights and body bars focus on two muscle groups at a time- execute 10 - 12 reps within a set of 3. Continue with a core segment before you begin another set. Class can range from 4 to 5 sets of training. Some of the sets will have compound exercises (upper and lower body combined). Sometimes there might be burst of 10-15 seconds of cardio to transition from sets to core training. All Levels welcome

Dance Fitness
A fun fitness Dance class that uses jazz, modern, ballet, pop styles of dance with easy to follow movement choreography for a full sweat session- Set to fun music, all levels welcome

BODY sculpt
A full body workout using weights, body bars, medicine balls and more. This is going back to the basics type of training. This class is open to all levels and demographics. Great for participants looking to just lift and work on strength and endurance. Simple to compound exercises will be explored.

META circuit
META circuit is a high intensity class designed for athletes looking to take their fitness to the next level. Using IndoRow water rowers, TRX, Barbells, Siam Balls, and Dumbbells members will test their limits in strength, power, muscle endurance and cardiovascular training. Athletes will be taken through four stations that will couple traditional strength training, metabolic work, and HIIT. Please reserve your spot on the MyLSF app prior to attendance as space is limited

Studio Cycling
A cardiovascular class done on a cutting edge stationary bike. Classes can differ in style in that profiles can include hills, flat roads, sprints and endurance set to dynamic music. Some instructors will use Heart rate Monitors and RPMs to make the rides more efficient. Please arrive early if you are new to cycling in order for our instructors to set you up properly. All levels welcome.

Barre Fitness
A barre inspired class that uses elements of ballet training, leg work, abdominal work, sculpting exercises and cardio/heart driven movement for a complete body workout.

Tabata Fusion
An hour long class that focuses on interval training. A fusion of cardio and strength exercises that you complete as fast as you can in 20 seconds, then rest 10 seconds. This is done a total of 8 times through. It is a challenging workout but since you are able to do this at your own pace within the 20 seconds interval it is a class that is friendly to all levels.

PowerDASH
this class focuses on high intensity training with TABATA intervals on and off the treadmill. All levels are welcome for this 45 minutes class. Start with a 10 minute warm up around the indoor track that includes dynamic stretching and running drills- Split into two groups and experience Tabata training on the treadmill and Tabata functional strength/endurance training off the treadmill- Complete 3 rounds of selected exercises and running profiles to this 20 seconds on and 10 seconds off training system plus a cool down to wrap up a full calorie burning experience.

TREAD IT
A 45 minute treadmill class that follows real outdoor training for all level runners. Experience flats, sprints, hills and endurance training while being coached on technique and breathing. All levels welcome. You do not need to be a runner to take this class.

triDECAfect
This class, developed by Marcelo Ehrhardt, will introduce 10 exercises intentionally placed in a sequence to maximize body training results, each of these exercises runs a 1 minute interval with no rest in between. Complete the first 10 and rest 1 minute. Work either supine or prone isometric core work for 1 minute to 2 minutes- that's the end of block one- complete the same block three times through and you have your triDECAfect. Not for the very beginner but modifications allow for all demographics, limitations and skills to participate.

strengthPLUS
Strength plus just enough cardio to get the metabolism humming. This class uses timed intervals so that participants can work out at their own pace. Each session will combine compound exercises, core drills and sports drills to challenge every fitness level by focusing on increasing strength, endurance, balance and agility, thus creating the ability to progress from a very basic exercise (a squat) to a complex exercise (burpee). This class is exceptional for those who are new to exercise, recovering from an injury or those who just need a good cross training class.

TECHcore
his class targets all muscle groups that make up your CORE (abdominals and back) with technical set up and cues. It's a seamless series of isometric work with dynamic movement attached to it done both in supine and prone positions. All you need is your BODY for this short yet challenging class for all levels.

TECH-upper
targeting all muscle groups that make up the "UPPER" section of the torso with technical set up and cues. This class is a seamless 30 - of slow and low repetition with heavy weights; fast/high repetition or dynamic movement using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.

TECH-tower
Technical Lower Body Training developed by Marcelo Ehrhardt targeting all muscle groups that make up the "LOWER" section of the torso with technical set up and cues. This class is a seamless 30-minutes of slow and low repetition with heavy weights; or fast/high repetition or dynamic movements using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.

tripleBLOCKtraining
Three blocks of training for the entire body, each block consists of strength training using multiple types of equipment for 4 to 5 minutes, a segment of cardio (1-2 minutes) followed by core work (1-3 minutes). The goal of this class is to get three elements of training within one block, instructors will set the amount of blocks within each class depending on whether the focus will be more cardio, strength or core work. All levels welcome.

ZUMBA
Join the party! Latin music leads the way in this fun cardio workout through simple choreography.

BFF: Bare Foot Fusion
A fusion of functional bare foot movement, Pilates modern exercises and yoga. Meets in the Main Studio. All levels.

BARRE BODY
this is a FULL body toning class inspired by BARRE/DANCE type training but adapted to using A BODY BAR for stabilization, balance and leg work. Resistance training is also incorporated into the formatted class. This class brings new intensity to classic BARRE-inspired exercises. BARRE-body is set to music for a non-stop, fun and energetic workout from warm-up to cool-down class and will include an easy to follow cardio movement burst at the half way point. Class ends on the mat with high rep conditioning work for the lower body and core. All levels welcome.

CYCLE sculpt
Meet in the Cycling Studio FOR THIS FULL BODY TRAINING CLASS don in blocks. HIGH INTENSITY interval training on the bike followed by muscle training off the bike using weights or your body weight. Three blocks of this equal the class. A full body workout

Dance w/R Mass OFF
High Intensity Cardio Dance workout taken from all forms of dance such as Latin, Hip Hop, African, Jazz, Contemporary etc. set to amazing and energizing music. All levels welcome. This is a DANCE WORKOUT

intervalMELTDOWN
A class exclusive to LSF that focuses solely on interval training. Class is a total of two blocks that range from 15 to 17 minutes and comprised of carefully selected timed intervals using weights (heavy and light) and your own body weight. Take a mini break while putting boxing gloves to begin punching carefully selected intervals on a free standing bag. Participants should have some fitness training or cardiovascular training in order to participate.

flex!
flex! Pair functional load with explosive movement and you get flex! This class features paced strength training with racing cardio drills for a workout that leaves you strong and sweaty. Smart, efficient and FUN! Get ready for a balanced build of muscle and metabolic conditioning.

CYCLE 2 the BEAT
Lakeshore SF and Running To The Beat proudly present **Cycle To The Beat**. This class is inspired by the music of Peter Cannell - the creator of the ITUNES #1 Podcast Running To The Beat - and mapped out by our instructor Matt Modleski. Matthew and Peter will take you on a high octane, mind blowing 1 hour ride. Cycle to the beat and get lost in the a musical journey. Cycle to the beat will have your heart pumping, legs moving and screaming for more. Increase your endurance, speed, rate of perceived exertion and UNLEASH THE ATHLETE WITHIN. First come First Serve.

CLASS DESCRIPTIONS

	candle Light YOGA	FundamentalYOGA	Pilates Mat
	A Friday night special class that has a gentle approach to it. Flows are integrated with warm light and meditation. All levels are welcome	Yoga made simple! An intro to the series of poses and deep breathing involved in the yoga discipline. Ideal of members new to yoga, but also appropriate for all experience levels.	This class focuses on the classical repertoire of Joseph Pilates' principles. Strengthen your core and lengthen your muscles while improving your balance and coordination.
POWERflow	vinyasaFLOW	YOGA101	Yoga SCULPT
POWERflow yoga is the linking of breath with powerful and flowing movement. This class will challenge you mentally and physically building strength, focus, balance and flexibility. It is suggested that you have at least level 2 yoga experience to attend this class.	Experience the oldest form of yoga, often considered to be the most physically demanding of all Hatha yoga schools. Vinyasa means "breathe connected movement." This yoga offers an athletic, challenging practice that emphasizes breath, core strength and concentration. Look for the different levels assigned to each class to adequately attend the class that fits your need.	An introductory class that will help you understand the language of yoge while you explore yoga flows and poses. Open to all levels as a brush up and great for beginners.	A fusion class of yoga flow plus sculpting elements that use weights to tone and hone the body. Some of the poses will be explored with light weights. Some proficiency in yoga required.