

Lakeshore Sport & Fitness
Lincoln Park

Group Fitness Schedule HOLIDAY SCHEDULE THREE 12/31-1/6

HOLIDAY THREE

MONDAY 12/31		TUESDAY 1/1		WEDNESDAY 1/2	
6-645AM CS	Studio Cycling Ed Dailey	730-830AM CS	brickLAND Marcelo Ehrhardt	6-645AM CS	Studio Cycling Marcelo Ehrhardt
6-645AM MS	triDECAfect Joanna Tomczynska	830-915AM TA	TREAD IT Ed Dailey	6-645AM MS	TETRAsculpt Devin Buchanan
830-915AM MS	Full Body Architect Jenn Hogg	830-930AM MS	FUERZAcontact Marcelo Ehrhardt	630-715AM Meta-S	META circuit Joanna Tomczynska
915-930AM MS	FIERCEabs Jenn Hogg	915-1015AM CS	Studio Cycling Ed Dailey	830-930AM MS	Cardio Fusion Jenn Hogg
915-1015AM CS	Studio Cycling Ed Dailey	930-1030AM MS	BODYformula Marcelo Ehrhardt	830-930AM Meta-S	META-circuit Joanna Tomczynska
930-1030AM MS	Cardio Fusion Jenn Hogg			830-915AM TA-3	TREAD IT Ed Dailey
1030-1130AM MS	CardioARCHTECT Mark Kater			915-1015AM CS	Studio Cycling Bob Willems
				930-1030AM MS	tabataFUSION Joanna Tomczynska
				530-615PM MS	flex! Carla Coelho
				615-630PM MS	TECH-core Carla Coelho
				630-730PM MS	FUERZAkickboxing Devin Buchanan

for most current information please download our new app: MyLSF



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HOLIDAY THREE

THURSDAY 1/3		FRIDAY 1/4		SATURDAY 1/5	
545-645AM TA-3	BRICK land Marcelo Ehrhardt	545-645AM MS	ATHLETEzone Joanna Tomczynska	615-7AM CS	Brick Land Marcelo Ehrhardt
830-915AM TA-3	TREAD IT Ed Dailey	6-645AM CS	Studio Cycling Ed Dailey	7-8AM MS	TETRA sculpt Marcelo Ehrhardt
830-930AM MS	FUERZAkickboxing Marcelo Ehrhardt	830-930AM Meta-S	META circuit Jenn Hogg	8-9AM MS	REMIX (cardio dance) Rebecca Lee
830-915AM RP	Aqua Fit Jenn Hogg	830-930AM MS	FUERZAcontact Meredith Lyons	8-9AM CS	Studio Cycling Ed Dailey
930-1030AM MS	Full Body Architect Mikhaila Woodall	830-915AM TA-4	TpowerDASH Carla Coelho	815-9AM T4	TpowerDASH Marcelo Ehrhardt
		915-1015AM CS	Studio Cycling Bob Willems	9-10AM MS	ATHLETEzone Marcelo Ehrhardt
		930-1030AM MS	Full Body Architect Melissa Metro	915-10AM CS	Studio Cycling Ed Dailey
				10-11AM MS	FUERZAkickboxing Devin Buchanan
				11-12PM MS	tabataFUSION Carla Coelho
				SUNDAY 6-Jan	
				830-930AM MS	TABATAfusion Tracey Green
				830-10AM CS	Studio Cycling Bob Willems
				930-1030AM MS	TETRA sculpt Mikhaila Woodall
				1030-1130AM MS	ATHLETEzone Brendan Butkus
				11-1145AM Meta-S	META circuit Tracey Green
				1130-12PM MS	TECH-core Brendan Butkus
		Studio Legend: CS: Cycling Studio LP: First Floor Pool OPS: Old Pilates Studio MS: Main Studio RP: Rooftop Pool TA-3: Treadmill Area 3rd Fl TA-4: Treadmill Area 4th Fl YS: Yoga Studio YS2: Yoga Studio 2 Roof Top Lawn			

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Mind & Body HOLIDAY THREE 12/31-1/6

HOLIDAY THREE

MONDAY 12/31		TUESDAY 1/1		WEDNESDAY 1/2	
645-745AM YS-2	Pilates Mat Joanna Tomczynska	9-1030AM YS	vinaysaFLOW Mikhaila Woodall	645-745AM YS-2	Pilates Mat Tatiana Morozova
8-855AM YS	gentleYOGA L1-L3 Mark Kater	1030-1130AM YS	yoga SCULPT Mikhaila Woodall	9-10AM YS	vinyasaFLOW L1-L3 Becky Meiselman
9-955AM YS	yoga SCULPT Mikhaila Woodall			915-10AM YS-2	Pilates Mat L2-L3 Lisa Iantoni
10-1055AM YS	vinyasaFLOW L1-L3 Meredith Lyons				
12-1PM YS	hathaYOGA L1-L3 Mark Kater			12-1PM YS	fundamentalYOGA Mark Kater
				5-6PM YS	restorativeYOGA Meredith Lyons
				530-630PM YS-2	MEGA Mat Mikhaila Woodall
				630-730PM YS	vinyasaFLOW Mikhaila Woodall

please download our new app: MyLSF for current classes/instructors/subs or visit www.lakeshoresf.com



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HOLIDAY THREE

THURSDAY 1/4		FRIDAY 1/5		SATURDAY 1/6	
6-655AM YS	HATHA yoga Mark Kater	7-755AM YS	vinyasaFLOW L1-L3 Halle Miroglotta	730-855AM YS	yogaSTRENGTHL2-L3 Melody Bose
8-9AM YS	yoga 4 SENIORS Mark Kater	8-855AM YS	gentleYOGA L1-L3 Halle Miroglotta	9-955AM YS-2	Hourglass Barre-Body Rebecca Lee
815-855M YS-2	Pilates Mat L1-L3 Lisa Iantoni	9-955AM YS	hathaYOGA L1-L3 Halle Miroglotta	9-10AM YS	vinyasaFLOW L1-L3 Dave York
9-955AM YS	yoga SCULPT Halle Miroglotta	1030-1130AM YS	YOGA sculpt Mikhaila Woodall	10-1055AM YS	gentleYOGA Dave York
10-11:15AM YS	vinyasaFLOW L1-L3 Meredith Lyons			11-12PM YS	yogaSMART Mikhaila Woodall
				12-1PM YS	YOGA sculpt Mikhaila Woodall
		12-1PM YS	vinyasaFLOW Mark Kater		
				SUNDAY 1/7	
				830-955AM YS	vinyasaFLOW L1-L3 Becky Meiselman
5-555PM YS	fundamentalYOGA Mikhaila Woodall			1030-12PM YS	vinyasaFLOW L2-L3 Mikhaila Woodall
6-7PM YS	Thirsty Thursdays YOGAsculpt Mikhaila Woodall			12-1PM MS	YOGA sculpt Mikhaila Woodall
		Studio Legend: CS: Cycling Studio RT:Roof top LP: First Floor Pool OPS: Old Pilates Studio MS: Main Studio RP: Rooftop Pool TA-3: Treadmill Area 3rd Fl TA-4: Treadmill Area 4th Fl YS: Yoga Studio			

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