

## LSF Illinois Center January 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 <b>Studio Cycling</b> CS <i>Chad Ehrhardt</i>	6:30-7:15 <b>Cycle Sculpt</b> MS <i>Joanna Tomczynska</i>	6:30-7:15 <b>Studio Cycling</b> CS <i>Ed Dailey</i>	6:30-7:15 <b>Fuerza Contact</b> MS <i>Matthew Modleski</i>	6:30-7:15 <b>Cycle Sculpt</b> MS <i>Carla Coelho</i>	8:00-9:00 <b>Sets &amp; Reps</b> MS <i>Matthew Modleski</i>	9:00-10:15 <b>VinyasaFLOW</b> YS <i>Alissa Rasis</i>
6:30-7:15 <b>ATHLETEzone</b> MS <i>Marcelo Ehrhardt</i>	7:15-8:00 <b>triDECAfect</b> MS <i>Joanna Tomczynska</i>	6:30-7:15 <b>Tabata Fusion</b> MS <i>Carla Coelho</i>	7:15-7:45 <b>flex!</b> MS <i>Matthew Modleski</i>	6:30-7:15 <b>Meta Circuit #</b> MeS <i>Bri Perl</i>	9:00-10:00 <b>Meta Circuit #</b> MeS <i>Matthew Modleski</i>	10:30-11:15 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>
6:30-7:30 <b>Masters Swim \$</b> LP <i>David Doerr</i>	7:15-8:15 <b>VinyasaFLOW</b> YS <i>Manny Garcia</i>	6:30-7:30 <b>Masters Swim \$</b> LP <i>Katie Michelau</i>	7:15-8:15 <b>VinyasaFLOW+</b> YS <i>Manny Garcia</i>	6:30-7:30 <b>Masters Swim \$</b> LP <i>Julie Feingold</i>	9:00-10:15 <b>VinyasaFLOW</b> YS <i>Anngela Leone</i>	10:30-11:30 <b>Dance Fitness</b> MS <i>Dan Hurst</i>
7:15-7:45 <b>Tech Core</b> MS <i>Marcelo Ehrhardt</i>	11:30-12:15 <b>TpowerDASH</b> TA <i>Jenn Hogg</i>	7:15-7:45 <b>Tech Core</b> MS <i>Carla Coelho</i>	11:30-12:15 <b>TpowerDASH</b> TA <i>Marcelo Ehrhardt</i>	7:15-8:15 <b>Hatha Yoga</b> YS <i>Tatiana Morozova</i>	10:00-11:00 <b>Studio Cycling</b> CS <i>Matthew Modleski</i>	11:30-12:30 <b>BarreBODY</b> MS <i>Dan Hurst</i>
7:15-8:15 <b>VinyasaBASICS</b> YS <i>Tatiana Morozova</i>	11:45-12:15 <b>TECH Core</b> MS <i>Joanna Tomczynska</i>	7:15-8:15 <b>Fundamental Yoga</b> YS <i>Anngela Leone</i>	12:15-1:00 <b>Studio Cycling</b> CS <i>Matthew Modleski</i>	11:45-12:15 <b>Tread It</b> TA <i>Jenn Hogg</i>	10:00-11:00 <b>Strength Plus</b> MS <i>Melissa Metro</i>	
11:45-12:15 <b>Tread It</b> TA <i>Ed Dailey</i>	12:00-1:00 <b>Fundamental Yoga</b> YS <i>Bridget Skaggs</i>	11:45-12:15 <b>Tread It</b> TA <i>Marcelo Ehrhardt</i>	12:15-1:00 <b>Fuerza Contact</b> MS <i>Marcelo Ehrhardt</i>	12:00-12:30 <b>TECH Upper</b> MS <i>Carla Coelho</i>	10:15-11:00 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>	
12:05-12:50 <b>Meta Circuit #</b> MeS <i>Jenn Hogg</i>	12:15-1:00 <b>Studio Cycling</b> CS <i>Joanna Tomczynska</i>	12:05-12:50 <b>Meta Circuit #</b> MeS <i>Brendan Butkus</i>	12:15-1:15 <b>Fundamental Yoga</b> YS <i>Bridget Skaggs</i>	12:05-12:50 <b>Meta Circuit #</b> MeS <i>Joanna Tomczynska</i>	11:00-12:00 <b>VinyasaFLOW +</b> YS <i>Tatiana Morozova</i>	
12:15-1:00 <b>Fuerza Contact</b> MS <i>Marcelo Ehrhardt</i>	12:15-1:00 <b>BODY Formula</b> MS <i>Marcelo Ehrhardt</i>	12:15-1:15 <b>VinyasaFLOW+</b> YS <i>Halle Miroglotta</i>	1:00-1:45 <b>Sets &amp; Reps</b> MS <i>Marcelo Ehrhardt</i>	12:15-1:00 <b>Pilates Mat</b> YS <i>Zineb Chraibi</i>	11:00-12:00 <b>Dance ur Mass Off</b> MS <i>Melissa Metro</i>	
12:15-1:00 <b>Studio Cycling</b> CS <i>Ed Dailey</i>	1:00-1:45 <b>Sets &amp; Reps</b> MS <i>Joanna Tomczynska</i>	12:15-1:00 <b>Studio Cycling</b> CS <i>Marcelo Ehrhardt</i>	5:15-5:45 <b>TECH Core</b> MS <i>Jenn Hogg</i>	12:15-1:00 <b>Studio Cycling</b> CS <i>Jenn Hogg</i>		
12:15-1:00 <b>Pilates Mat</b> YS <i>Joanna Tomczynska</i>	5:15-6:00 <b>Pilates Mat</b> YS <i>Joanna Tomczynska</i>	12:15-1:00 <b>flex!</b> MS <i>Melissa Metro</i>	5:30-6:30 <b>Fundamental Yoga</b> YS <i>Halle Miroglotta</i>	12:30-1:00 <b>TECH Lower</b> MS <i>Carla Coelho</i>		
1:00-1:45 <b>BarreBODY</b> MS <i>Joanna Tomczynska</i>	5:30-6:00 <b>TECH Core</b> MS <i>Brendan Butkus</i>	1:15-2:00 <b>MEGA Mat</b> YS <i>Dan Hurst</i>	5:45-6:30 <b>Muscle TECH</b> MS <i>Jenn Hogg</i>	1:00-1:45 <b>BarreBODY</b> MS <i>Joanna Tomczynska</i>		
1:00-2:00 <b>VinyasaFLOW</b> YS <i>Lani Granum</i>	6:00-6:45 <b>Meta Circuit #</b> MeS <i>Brendan Butkus</i>	5:15-5:45 <b>Tread It</b> TA <i>Ed Dailey</i>	5:45-6:30 <b>Cycle 2 the BEAT #</b> CS <i>Marcelo Ehrhardt</i>	1:00-2:00 <b>VinyasaBASICS</b> YS <i>Brendan Butkus</i>		
5:30-6:00 <b>TECH Upper</b> MS <i>Marcelo Ehrhardt</i>	6:00-6:45 <b>ATHLETEzone</b> MS <i>Carla Coelho</i>	5:15-5:45 <b>TECH Core</b> MS <i>Devin Buchanan</i>	6:30-7:30 <b>Hatha Yoga</b> YS <i>Halle Miroglotta</i>	5:30-6:15 <b>Dance ur Mass Off</b> MS <i>Melissa Metro</i>		
5:45-6:30 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>	6:00-7:00 <b>VinyasaFLOW</b> YS <i>Amanda Brizic</i>	5:30-6:30 <b>Tetra Sculpt</b> MS <i>Devin Buchanan</i>		5:30-6:15 <b>Cycle Party</b> CS <i>Robert Pickart</i>		
6:00-6:30 <b>TECH Lower</b> MS <i>Marcelo Ehrhardt</i>	6:15-7:00 <b>Studio Cycling</b> CS <i>Joanna Tomczynska</i>	5:30-6:30 <b>VinyasaBasics</b> YS <i>Carolyn Schalansky</i>		6:00-7:00 <b>Candlelight Yoga</b> YS <i>Jack Ryan</i>		
6:00-6:45 <b>Meta Circuit #</b> MeS <i>Joanna Tomczynska</i>	7:00-8:00 <b>Restorative Yoga</b> YS <i>Amanda Brizic</i>	5:45-6:30 <b>Studio Cycling</b> CS <i>Ed Dailey</i>		6:15-7:00 <b>Sets &amp; Reps</b> MS <i>Melissa Metro</i>		
6:30-7:15 <b>Studio Cycling</b> CS <i>Robert Pickart</i>		6:15-7:00 <b>Meta Circuit #</b> MeS <i>Tim Iberle</i>				
6:30-7:15 <b>Zumba</b> MS <i>Mary Frith</i>		6:30-7:15 <b>Fuerza Contact</b> MS <i>Devin Buchanan</i>				
6:30-7:30 <b>Hatha Yoga</b> YS <i>Bridget Skaggs</i>		6:30-7:30 <b>VinyasaFLOW</b> YS <i>Blanca Arellano</i>				

Class Descriptions on back of schedule

For more information contact Group Fitness Director, **Marcelo Ehrhardt**  
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**Studio Key:**

MS - Main Studio  
 CS - Cycling Studio  
 YS - Yoga Studio  
 MeS - Meta Studio

TA - Treadmill Area  
 LP - Lap Pool

**Symbol Key:**

+ - Advanced class  
 \$ - Fee based class  
 # - Sign up in advance  
**New Class**