

LSF Illinois Center February 2019 Group Fitness Schedule

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

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

Download our app MyLSF!