

LSF Illinois Center Labor Day Week 2019

TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30	SATURDAY 8/31	SUNDAY 9/1	MONDAY 9/2
6:30-7:15 Cycle Sculpt CS Joanna Tomczynska	6:30-7:15 Studio Cycling CS Ed Dailey	6:30-7:15 intervalMELTDOWN MS Carla Coelho	6:30-7:30 Masters Swim \$ LP Julie Feingold	9:00-10:00 Meta Circuit # MeS Joanna Tomczynska	9:00-10:15 VinyasaFLOW YS Alissa Raisis	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	6:30-7:30 Masters Swim \$ LP Kelly McNichols	7:15-8:15 Hatha Yoga YS Tatiana Morozova	9:00-10:15 VinyasaFLOW YS Anngela Leone	9:30-10:15AM BODYformula MS Marcelo Ehrhardt	7:15-7:45 Tech Core MS Marcelo Ehrhardt
7:15-8:15 VinyasaFLOW YS Jack Ryan	6:30-7:30 Masters Swim \$ LP Katie Michelau	7:15-7:45 Tech Core MS Carla Coelho	12:05-12:50 Meta Circuit # MeS Brendan Butkus	10:00-11:00 Studio Cycling CS Joanna Tomczynska	1015-11AM Studio Cycling CS Marcelo Ehrhardt	1130-1215 Sets & Reps MS Marcelo Ehrhardt
11:45-12:15 TECH Core MS Joanna Tomczynska	7:15-7:45 Tech Core MS Carla Coelho	7:15-8:15 VinyasaFLOW+ YS Jack Ryan	12:15-1:00 Pilates Mat YS Zineb Chraibi			11:45-12:15 Tread It TA Ed Dailey
12:00-1:00 Fundamental Yoga YS Bridget Skaggs	7:15-8:15 Fundamental Yoga YS Anngela Leone	11:30-12:15 TpowerDASH TA Marcelo Ehrhardt	1:00-2:00 VinyasaFLOW YS Brendan Butkus			12:15-1:00 Fuerza Contact MS Marcelo Ehrhardt
12:15-1:00 per4mance Cycling CS Joanna Tomczynska	11:45-12:15 Tread It TA Marcelo Ehrhardt	12:15-1:00 Fuerza Contact MS Marcelo Ehrhardt	6:00-7:00 Candlelight Yoga YS Jack Ryan			12:15-1:00 Studio Cycling CS Ed Dailey
1:00-1:45 Sets & Reps MS Joanna Tomczynska	12:05-12:50 Meta Circuit # MeS Joanna Tomczynska	12:15-1:00 Studio Cycling CS Ed Dailey				
5:15-6:00 Pilates Mat YS Jenn Hogg	12:15-1:15 VinyasaFLOW+ YS Amanda Brizic	12:15-1:15 Fundamental Yoga YS Bridget Skaggs				
6:00-6:45 Zumba MS James Casher	12:15-1:00 Studio Cycling CS Marcelo Ehrhardt	1:00-1:45 Sets & Reps MS Marcelo Ehrhardt				
6:00-7:00 VinyasaFLOW YS Amanda Brizic	12:15-1:00 flex! MS Melissa Metro	5:15-5:45 TECH Core MS Jenn Hogg				
6:15-7:00 Studio Cycling CS Jenn Hogg	1:00-1:45 BarreBODY MS Joanna Tomczynska	5:30-6:30 Fundamental Yoga YS Anita March				
7:00-8:00 Restorative Yoga YS Amanda Brizic	5:15-5:45 TECH Core MS TonE Mitchell	5:45-6:30 Muscle TECH MS Jenn Hogg				
	5:45-6:30 Tetra Sculpt MS TonE Mitchell					
	5:30-630 VinyasaBasics YS Blanca Arellano					
	5:45-6:30 per4mance Cycling CS Ed Dailey					

Class Descriptions on back of schedule
 For more information contact Group Fitness Director, **Marcelo Ehrhardt**
marceloe@lakeshoresf.com or visit www.LakeshoreSF.com

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!