

LSF Illinois Center September 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 ATHLETEzone MS Marcelo Ehrhardt	6:15-7:15 VinyasaFLOW YS Jack Ryan	6:15-7:00 BRICK land CS Ed Dailey	6:15-7:15 VinyasaFLOW+ YS Jack Ryan	6:30-7:15 Meta Circuit # MeS Bri Perl	8:00-9:00 BarreBODY MS Asia Mele	9:00-10:15 VinyasaFLOW YS Alissa Rasis
6:30-7:30 Masters Swim \$ LP John Hartley	6:30-7:15 Cycle Sculpt CS Asia Mele	6:30-7:15 Tabata Fusion MS Carla Coelho	6:30-7:15 intervalMELTDOWN MS Carla Coelho	6:30-7:30 Masters Swim \$ LP Julie Feingold	9:00-10:00 Meta Circuit # MeS Asia Mele	10:30-11:15 Pilates Mat YS Tatiana Morozova
7:00-7:45 Studio Cycling CS Chad Ehrhardt	7:15-8:00 triDECAfect MS Asia Mele	6:30-7:30 Masters Swim \$ LP Katie Michelau	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	9:00-9:45 Cardio Step MS Mari Cervantes (sarts 9/15)
7:15-7:45 TECH core MS Marcelo Ehrhardt	11:45-12:15 ABSolution MS Asia Mele	7:15-7:45 TECH core MS Carla Coelho	7:15-7:45 ABSolution MS Carla Coelho	11:45-12:15 Tread It TA Ed Dailey	10:00-11:00 Studio Cycling CS Asia Mele	9:45-10:30 DIESEL Body MS Mari Cervantes (starts 9/15)
7:15-8:15 VinyasaBASICS YS Tatiana Morozova	12:00-1:00 Fundamental Yoga YS Bridget Skaggs	7:15-8:15 Fundamental Yoga YS Anngela Leone	11:45-12:15 Tpower Dash MS Marcelo Ehrhardt	12:05-12:50 Meta Circuit # MeS Brendan Butkus	10:00-11:00 Strength Plus MS Melissa Metro	10:30-11:15 Pilates Mat YS Tatiana Morozova
11:45-12:15 Tread It TA Ed Dailey	12:15-1:00 per4mance Cycling CS Asia Mele	11:45-12:15 Tread It TA Marcelo Ehrhardt	12:15-1:00 Fuerza Contact MS Marcelo Ehrhardt	12:15-1:00 Pilates Mat YS Zineb Chraibi	10:15-11:00 Pilates Mat YS Tatiana Morozova	
12:05-12:50 Meta Circuit # MeS Jenn Hogg	12:15-1:00 Yoga Sculpt MS Julian Hester	12:05-12:50 Meta Circuit # MeS Asia Mele	12:15-1:00 Studio Cycling CS Jenn Hogg	12:15-1:00 per4mance Cycling CS Ed Dailey	11:00-12:00 VinyasaFLOW + YS Tatiana Morozova	
12:15-1:00 Fuerza Contact MS Marcelo Ehrhardt	1:00-1:45 DIESEL Body MS Asia Mele	12:15-1:15 VinyasaFLOW+ YS Amanda Brizic	12:15-1:15 Fundamental Yoga YS Bridget Skaggs	1:00-2:00 VinyasaFLOW YS Brendan Butkus	11:00-12:00 Dance ur Mass Off MS Melissa Metro	
12:15-1:00 Studio Cycling CS Ed Dailey	5:15-6:00 Pilates Mat YS Jenn Hogg	12:15-1:00 Studio Cycling CS Marcelo Ehrhardt	1:00-1:45 DIESEL Body MS Marcelo Ehrhardt	5:30-6:15 Dance ur Mass Off MS Melissa Metro		
12:15-1:00 Pilates Mat YS Asia Mele	5:30-6:00 TECH core MS Rebecca Lee	12:15-1:00 flex! MS Melissa Metro	5:15-5:45 ABSolution MS Jenn Hogg	6:00-7:00 Candlelight Yoga YS Jack Ryan		
1:00-1:45 BarreBODY MS Asia Mele	6:00-6:45 Meta Circuit # MeS Rebecca Lee	1:00-1:45 BarreBODY MS Asia Mele	5:30-6:30 Fundamental Yoga YS Anita March	6:15-7:00 DIESEL Body MS Melissa Metro		
1:00-2:00 VinyasaFLOW YS Lani Granum	6:00-6:45 Zumba MS James Casher	5:15-5:45 ABSolution MS TonE Mitchell	5:45-6:30 DEFCON MS Jenn Hogg			
5:30-6:00 DIESEL Upper MS Marcelo Ehrhardt	6:00-7:00 VinyasaFLOW YS Amanda Brizic	5:45-6:30 META circuit MS TonE Mitchell				
5:45-6:30 Pilates Mat YS Tatiana Morozova	6:15-7:00 Studio Cycling CS Jenn Hogg	5:30-6:30 VinyasaBasics YS Blanca Arellano				
6:00-6:30 DIESEL Lower MS Marcelo Ehrhardt	7:00-8:00 Restorative Yoga YS Amanda Brizic	5:45-6:30 per4mance Cycling CS Ed Dailey				
6:30-7:15 Cycle Party CS Robert Pickart		6:30-7:15 DIESEL Body MS TonEMitchell				
6:30-7:15 Zumba MS Natalia Montalvo		6:30-8:00 Wine Down Yoga RT Halle Miroglotta				
6:30-7:30 Hatha Yoga YS Bridget Skaggs						

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

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