

LSF Illinois Center FALL 2019 Group Fitness Schedule

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

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!