

Lakeshore Sport & Fitness  
Lincoln Park

Group Fitness Schedule

Feb-17

MONDAY		TUESDAY		WEDNESDAY	
545-645AM CS	Studio Cycling Matt Modleski	545-645AM CS	brickLAND Marcelo Ehrhardt	545-645AM CS	Studio Cycling Chad Ehrhardt
6-645AM MS	triDECAfect Joanna Tomczynska	6-7AM LP	Masters Swim Julie DeBruins	6-645AM MS	TETRA sculpt Meredith Lyons
6-7AM LP	Masters Swim John Morrison	7-745AM CS	Studio Cycling Ed Dailey	6-7AM LP	Masters Swim John Morrison
830-915AM MS	tripleBLOCKtraining Melissa Metro	830-930AM MS	intervalMELTDOWN Marcelo Ehrhardt	645-715AM TA-3	TREAD IT Chad Ehrhardt
830-915AM TA-4	TpowerDASH Marcelo Ehrhardt	830-930AM RP	Aqua Fit Lorraine Miller	830-915AM TA-3	TREAD IT Ed Dailey
830-930AM RP	Aqua Fit Lisa Payovich	845-930AM TA-3	TREAD IT! Jenn Hogg	830-930AM MS	ATHLETEzone Meredith Lyons
915-930AM MS	FIERCEabs Nicole Thomas	930-1030AM MS	TETRA blitz Jen Hogg	830-930AM RP	Aqua Fit Lisa Payovich
915-1015AM CS	Studio Cycling Ed Dailey			915-10AM TA-3	TREAD IT Ed Dailey
915-10AM TA-4	TpowerDASH Marcelo Ehrhardt			915-1015AM CS	Studio Cycling Bob Willems
930-1030AM MS	Cardio Kickboxing Nicole Thomas			930-1030AM MS	tabataFUSION Matthew Modleski
1030-1130AM MS	CardioARCHTECT Mark Kater			1030-1130AM MS	BODYconditioning Lisa Payovich
		530-6PM MS	TECH-upper Marcus Chaplin		
530-630PM MS	tabataFUSION Marcus Chaplin	6-630PM T4	TREAD IT Ed Dailey	530-630PM MS	tabataFUSION Carla Coelho
545-645PM CS	Studio Cycling Bob Willems	6-630PM MS	TECH-lower Marcus Chaplin	630-730PM MS	FUERZAkickboxing Devin Buchanan
630-730PM MS	FUERZAcontact Jenny Terlinden	630-7PM MS	TECH-core Marques Chaplin		
630-8PM LP	Masters Swim Julie Feingold	630-715PM CS	Studio Cycling Ed Dailey		
730-830PM MS	ZUMBA Jenny Terlinden	7-8PM MS	ATHLETEzone Marques Chaplin		

for most current information please download our new app: MyLSF





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Core Strength page 1

Feb-17

MONDAY		TUESDAY		WEDNESDAY	
645-745AM YS-2	Pilates Mat Joanna Tomczynska	6-7AM YS	Hatha YOGA Mark Kater	645-745AM YS-2	Pilates Mat Tatiana Morozova
8-855AM YS	gentleYOGA L1-L3 Jack Ryan	630-730AM YS-2	powerYOGA L2-L3 kathy Wild	9-10AM YS	vinyasaFLOW L1-L3 Becky Meiselman
9-955AM YS	yoga SCULPT Meredith Lyons	7-8AM YS	vinyasaFLOW L1-L3 Dee Dee Knoche (sub)	915-10AM YS-2	Pilates Mat L2-L3 Zineb Chraibi
915-955AM YS 2	Pilates Mat L2-L3 Zineb Chraibi	8-9AM YS	RestorativeYOGA Dee Dee Knoche (sub)	915-1015AM PS	Pilates Reformer Lisa Iantoni \$
10-1055AM YS	vinyasaFLOW L1-L3 Meredith Lyons	9-10AM YS	hathaYOGAL1-L3 Bridget Skaggs (sub)	10-11AM YS	hathaYOGA L1-L3 Rhonda Duffaut
		915-1015AM PS	Pilates Reformer Lisa Iantoni \$		
12-1PM YS	hathaYOGAL1-L3 Mark Kater	1030-1130AM YS-2	Pilates Mat L1-L3 Lisa Iantoni	12-1PM YS	fundamentalYOGA Mark Kater
4:30-5:30PM YS	CORE sculpt Carla Coelho	430-6PM YS	vinyasaFLOWL1-L3 Dee Dee Knoche (sub)	430-530PM YS	yoga SCULPT Darby Walden
530-630PM YS	fundamentalYOGA Dee Dee Knoche			530-630PM YS	RestorativeYOGA Rhonda Duffaut
630-730PM YS	VinyasaFLOW open Becky Meiselman			6:30-7:30PM YS	vinyasaFLOW Open Kathy Wilde (sub)

please download our new app: MyLSF for current classes/instructors/subs or visit [www.lakeshoresf.com](http://www.lakeshoresf.com)



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THURSDAY		FRIDAY		SATURDAY	
6-655AM YS	Hatha Yoga Mark Kater	645-745AM YS-2	Pilates Mat Joanna Tomczynska	730-855AM YS	yogaSTRENGTHL2-L3 Melody Bose
8-9AM OPS	Senior YOGA Mark Kater \$	7-755AM YS	vinyasaFLOW L1-L3 Bridget Skaggs (sub)	9-955AM YS-2	BARREtensity Jenny Terlinden
815-855M YS-2	Pilates Mat L1-L3 Lisa Iantoni	8-855AM YS	gentleYOGA L1-L3 Bridget Skaggs (sub)	10-1055AM PS	Pilates Reformer Lisa Iantoni \$
9-955AM YS	yoga SCULPT Darby Walden	830-925AM YS-2	Pilates Mat L1-L2 Zineb Chraibi	10-1055AM YS	gentleYOGA L1-L3 Madison Sufredini (sub)
915-1015AM PS	Pilates Reformer Lisa Iantoni \$	9-955AM YS	hathaYOGA L1-L3 Bridget Skaggs (sub)	11-12PM YS	vinyasaFLOWL1-L3 Kathy Wild
10-11:15AM YS	vinyasaFLOW L1-L3 Meredith Lyons	930-1025AM YS-2	BARRE-evolution Werner Martin		
				SUNDAY	
12-1PM YS	vinyasa FLOW Meredith Lyons	12-1PM YS	hathyaYOGAL1-L3 Mark Kater	830-955AM YS	vinyasaFLOW L1-L3 Becky Meiselman
				9-955AM YS-2	Pilates Mat L1-L3 Zineb Chraibi
5-555PM YS	fundamentalYOGA Bridget Skaggs	530-630PM YS	vinyasaFLOWL1-L3 Kathy Wild	1030-1145Am YS	vinyasaFLOW L1-L3 Dietrich McGaffey
6-7PM YS	yoga SCULPT Hema Gidwani			12-1PM YS	YOGA sculpt Darby Walden 2/5,2/12 Marissa Yennie 2/19,2/26
		<b>Studio Legend:</b> CS: Cycling Studio RT:Roof top LP: First Floor Pool OPS: Old Pilates Studio MS: Main Studio RP: Rooftop Pool TA-3: Treadmill Area 3rd Fl TA-4: Treadmill Area 4th Fl YS: Yoga Studio			

please download our new app: MyLSF for most updated schedules



GF CLASS DESCRIPTIONS

**ATHLETEzone!**

Designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in a circuit setting. Five exercises are given in the round- Each exercise is completed for 1 minute before having 10 seconds to move to the next station. Once two full rounds are completed you experience a recovery section where 5 new exercises are introduced for a second block of two rotations of the same interval, take another recovery while your 3rd and last block is introduced. Advanced levels only.

**Sets & Reps**

Going back to BASIC SCULPTING- using weights and body bars focus on two muscle groups at a time- execute 10 - 12 reps within a set of 3. Continue with a core segment before you begin another set. Class can range from 4 to 5 sets of training. Some of the sets will have compound exercises (upper and lower body combined). Sometimes there might be burst of 10-15 seconds of cardio to transition from sets to core training. All Levels welcome

**FUERZAcontact**

A fusion of American Kickboxing and Karate class done on free standing kickboxing bags. Learn techniques and execute three rounds of training set to music. Gloves are provided and experience on the bags is not necessary. All levels welcome

**TETRA sculpt**

A full body training class that focus on 4 layers of training. Layer 1 is the simple/single lifting exercise that alternates between upper body and lower body interval style. Layer 2 is one compound exercise completed in 1 minute. Layer 3 is your core training layer for 2 minutes and layer 4 is your 3 minute cardio high intensity interval layer. All levels are welcome

**Body Formula**

Developed by fitness presenter Marcelo Ehrhardt, BODYformula has evolved into a full body training system where simple to more complex exercises are explored using dumbbells, Body Bars, Medicine Balls and Step Platforms. Bursts of cardio appear within the frame of the class where the focus will be to push to an uncomfortable zone (anaerobic). Standing for nearly 3 quarters of the class, you finish class with multiple full body exercises that include core isometric work with dynamic stretching. All levels welcome.

**FUERZAkickboxing**

Developed by Marcelo Ehrhardt and taught by the FUERZAkickboxing team, this class is a fusion of American kickboxing and karate that is technical, fun and easy to follow. This system introduces techniques that include the jab, the cross, the hook and the upper cut along with the front push, back push and roundhouse. Fast punching and Isometric Chambers are included as anaerobic segments to the training system. Participants are encouraged to have intermediate to advanced cardiovascular endurance but can have beginner to advanced kickboxing experience.

**Full Body Architect**

This Total Body Resistance Training class is taught by the LSF GF Body Training Team. The team will give you an individualized feel in a group setting while focusing on technical set up and form along with repetition and overload necessary for gaining strength and endurance. Class will also focus on progressing from simple to more complex exercises. All levels are welcome.

**Interval Meltdown**

A class exclusive to LSF that focuses solely on interval training. Class is a total of three blocks that range from 15 to 17 minutes and comprised of carefully selected timed intervals using weights (heavy and light) and your own body weight. Take a mini break while putting boxing gloves to begin punching and kicking a free standing bag. During this segment you'll learn proper punching and kicking techniques which flow into faster sets to achieve breathless/anaerobic training. Participants should have some fitness training or cardiovascular training in order to participate.

**TETRA blitz**

A full body workout that is formatted as 4 blocks Each block consists of training upper body and lower body 4 times through followed by two separate blocks of high intensity intervals with a fourth block focusing on ab blast/ core training. Do four of these blocks to complete the class. All levels welcome.

**SheerPOWERcycling**

Kimberly Shah guides you through the ultimate cycling experience focusing on the "sheer-power" executed on the pedal stroke while weaving in and out of interval style training profiles. Everything from hills to flats to lifts all focusing on the energy you expend to finish each interval. All levels welcome

**SheerPOWERtreading**

A Kimberly Shah inspired treading class supported by sheerPOWER-treading coaches, this class is a 45 minutes class that includes the warm up and dynamic stretching. The emphasis will be to learn what is required in order to achieve success for a race. Tempo running, hill training and intervals; the sheerPOWER of treading can include longer blocks of running to shorter interval styled runs. All levels of runners are encouraged to attend.

**Studio Cycling**

A cardiovascular class done on a cutting edge stationary bike. Classes can differ in style in that profiles can include hills, flat roads, springs and endurance set to dynamic music. Some instructors will use Heart rate Monitors and RPMs to make the rides more efficient. Please arrive early if you are new to cycling in order for our instructors to set you up properly. All levels welcome.

**outDOOR ATHLETE**

Designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in a circuit setting. Five exercises are given in the round- Each exercise is completed for 1 minute before having 10 seconds to move to the next station. Once two full rounds are completed you experience a recovery section where 5 new exercises are introduced for a second block of two rotations of the same interval, take another recovery while your 3rd and last block is introduced. This class meets on the roof top, body training systems used. When raining class meets in Main Studio. Advanced levels only.

**Tabata Fusion**

An hour long class that focuses on interval training. A fusion of cardio and strength exercises that you complete as fast as you can in 20 seconds, then rest 10 seconds. This is done a total of 8 times through. It is a challenging workout but since you are able to do this at your own pace within the 20 seconds interval it is a class that is friendly to all levels.

**TpowerDASH**

Developed and created by Kimberly Shah , this class focuses on high intensity training with TABATA intervals on and off the treadmill. All levels are welcome for this 45 minutes class. Start with a 10 minute warm up around the indoor track- that includes dynamic stretching and running drills- Split into two groups and experience Tabata training on the treadmill and Tabata functional strength/endurance training off the treadmill- Complete 3 rounds of selected exercises and running profiles to this 20 seconds on and 10 seconds off training system plus a cool down to wrap up a full calorie burning experience.

**TREAD IT**

A 45 minute treadmill class that follows real outdoor training for all level runners. Experience flats, springs, hills and endurance training while being coached on technique and breathing. All levels welcome. You do not need to be a runner to take this class.

**triDECAfect**

This class, developed by Marcelo Ehrhardt, will introduce 10 exercises intentionally placed in a sequence to maximize body training results, each of these exercises runs a 1 minute interval with no rest in between. Complete the first 10 and rest 1 minute. Work either supine or prone isometric core work for 1 minute to 2 minutes- that's the end of block one- complete the same block three times through and you have your triDECAfect. Not for the very beginner but modifications allow for all demographics, limitations and skills to participate.

**CIRCUIT slam**

This class consists of Individual Weight Circuits paired with Group Cardio Jams. The training also consists of fully loaded training and completely breathless cardio followed by active recoveries. A perfect blend to strength and cardio with crossing the finish line as a team!

**TECHcore**

Technical CORE Training developed by Marcelo Ehrhardt. This class targets all muscle groups that make up your CORE (abdominals and back) with technical set up and cues. It's a seamless series of isometric work with dynamic movement attached to it done both in supine and prone positions. All you need is your BODY for this short yet challenging class for all levels.

**TECH-upper**

Technical Upper Body Training developed by Marcelo Ehrhardt targeting all muscle groups that make up the "UPPER" section of the torso with technical set up and cues. This class is a seamless 30 - of slow and low repetition with heavy weights; fast/high repetition or dynamic movement using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.

**TECH-lower**

Technical Lower Body Training developed by Marcelo Ehrhardt targeting all muscle groups that make up the "LOWER" section of the torso with technical set up and cues. This class is a seamless 30-minutes of slow and low repetition with heavy weights; or fast/high repetition or dynamic movements using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.

**ZUMBA**

Join the party! Latin music leads the way in this fun cardio workout through simple choreography.

**Sets & Reps**

Going back to BASIC SCULPTING- using weights and body bars focus on two muscle groups at a time- execute 10 - 12 reps within a set of 3. Continue with a core segment before you begin another set. Class can range from 4 to 5 sets of training. Some of the sets will have compound exercises (upper and lower body combined). Sometimes there might be burst of 10-15 seconds of cardio to transition from sets to core training. All Levels welcome

CLASS DESCRIPTIONS

**BARREvolution**

A Full Body Training system using exercises similar to BARRE work as a means to transform legs and the core. The series can be demanding and challenging but friendly to all demographics. BARRE-evolution is the "dancers workout" without the dance. The sequences evolve from shoulder and arm training with light dumbbells to standing leg positions and isometrics. A complete workout exclusive to LSF.

**Core Strength**

Taught by Lisa Hunter, this class concentrates on abdominal and back work followed by a deep stretch. Dynamic Movement and Isometric holds are explored while using a Swiss Ball. This class is friendly to all demographics yet remains challenging for both new and existing participants.

**FundamentalYOGA**

Yoga made simple! An intro to the series of poses and deep breathing involved in the yoga discipline. Ideal of members new to yoga, but also appropriate for all experience levels.

**Pilates Mat**

This class focuses on the classical repertoire of Joseph Pilates' principles. Strengthen your core and lengthen your muscles while improving your balance and coordination.

**POWERflow**

POWERflow yoga is the linking of breath with powerful and flowing movement. This class will challenge you mentally and physically building strength, focus, balance and flexibility. It is suggested that you have at least level 2 yoga experience to attend this class.

**vinyasaFLOW**

Experience the oldest form of yoga, often considered to be the most physically demanding of all Hatha yoga schools. Vinyasa means "breathe connected movement." This yoga offers an athletic, challenging practice that emphasizes breath, core strength and concentration. Look for the different levels assigned to each class to adequately attend the class that fits your need.

**gentleYOGA**

An easy and soothing approach to yoga. Gentle in nature this yoga series is hatha/vinyasa inspired and takes a slower approach to flows and explores restorative type poses that are easy to the body. An emphasis on connecting the breath to these slower paced flows allows the body to ease into each transition. This practice is friendly to all levels and all demographics

**yogaSCULPT**

a vinyasa inspired training class that generates heat and sweat by alternating between yoga flows and sculpting exercises using dumbbells. This yoga is considered A WORKOUT. All levels are encouraged to attend but expect to work hard.

**yoga WINE DOWN**

Join us for FREE Vino & Vinyasa Every Wednesday Night at Lakeshore Sport & Fitness Lincoln Park resuming in June!! Our Kick Off Night is Wednesday, June 1st! Open to Non-Members so feel free to invite guests! Includes one hour long rooftop yoga class taught by Mikhaila Woodall and a complimentary glass of wine after class. Come mix, mingle, breathe, move, network, and "Wine Down" every Wednesday night this summer on our gorgeous rooftop. Make it a date night, a girls night out, a team building opportunity or just show up by yourself and make new friends. All levels welcome. Our rooftop restaurant Harvest is open for dinner and drinks if you would like to continue to enjoy the beautiful views, company and tastes. Childcare is available until 9pm.

**outdoorYOGA**

Vinyasa inspired yoga which meets at the North End of our rooftop. Class will always meet at the NORTH SIDE weather permitting. IF raining or too hot instructor will bring class to YOGA STUDIO. This class is open for all levels and will focus on Vinyasa Inspired FLOWS and movement

**restorativeYOGA**

A yoga class that is friendly to all. Based in Hatha Yoga which focuses on the breath, this is a great class for the beginner who needs gentle exercise or athletes who need to "restore" the body after competition. All levels welcome.

**Hatha YOGA**

The umbrella term for all schools of yoga. It is from this discipline that all yogas come from. Classic poses/postures combined with deep breathing to build strength and flexibility. Classes are open to all levels.

**yoga STRENGTH**

A series of athletic vinyasa flows that is open to all levels. Instructor can add use of light weights outside of these flows to develop strength. Full body training yoga style.

**barreTENSITY**

This class was developed by instructor Melissa Metro and is inspired by yoga, pilates, ballet and horton exercises to stretch, tone and balance the body. Create a long, lean form without excess tension. All levels welcome.