

Lakeshore Sport & Fitness  
Illinois Center

Core Strength page 1

Sep-17

MONDAY		TUESDAY		WEDNESDAY	
715-815AM YS	FundamentalYOGA Tatiana Morozova	630-730AM YS	VinyasaFLOWL1-L3 Jack Ryan	715-815AM YS	FundamentalYOGA Anngela Leone
		730-830AM YS	VinyasaFLOWL1-L3 Jack Ryan		
1215-1PM YS	Pilates Mat Joanna Tomczynska	12-1PM YS	fundamentalYOGA Bridget Skags	1215-115PM YS	VinyasaFLOWL1-L3 Angela Leone
1-2PM YS	vinyasaFLOW L1-L3 Lani Granum				
545-630 YS	Pilates Mat Tatiana Morozova	6-7PM YS	vinyasaFLOW OPEN Amanda Brizic	530-630PM YS	Pilates Mat Kristine Martino
630-730PM YS	vinyasaYOGA L2-L3 Bridget Skaggs	7-8PM YS	fundamentalYOGA Amanda Brizic	630-730PM YS	VinyasaFLOWL1-L3 Bridget Skags

For more information, contact [MarceloE@LakeshoreSF.com](mailto:MarceloE@LakeshoreSF.com) or visit [www.LakeshoreSF.com](http://www.LakeshoreSF.com)



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Core Strength page 2

Sep-17

THURSDAY		FRIDAY		SATURDAY	
715-815AM YS	vinyasaFLOW OPEN Manny Garcia	715-815AM YS	VinyasaFLOWL1-L3 Tatiana Morozova	900-1015 YS	VinyasaFLOWL1-L3 Georgette Marin (sub)
				1015-11AM YS	Pilates Mat Tatiana Morozova
				11-12pm YS	powerFLOW L2-L3 Tatiana Morozova
1215-115PM YS	fundamentalYOGA Bridget Skaggs	1215-1PM YS	Pilates Mat Zineb Chraibi		
		1-2PM YS	POWERflowL2-L3 Marissa Chastain		
				SUNDAY	
				9-1015AM YS	POWERflowL2-L3 Anngela Leone
				1030-1130AM YS	Pilates Mat Kristine Martino
530-630PM YS	FundamentalYOGA Jack Ryan	6-7PM YS	candleLIGHT-YOGA Jack Ryan		
630-730PM YS	powerFLOW L2-L3 Jack Ryan				

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Group Fitness Schedule

Sep-17

MONDAY		TUESDAY		WEDNESDAY	
630-715AM CS	Studio Cycling Chad Ehrhardt	630-715AM MS	CYCLE Sculpt Matthew Modleski	630-715AM MS	TABATAfusion Carla Coelho
630-730AM LP	\$\$ Masters Swim Julie Feingold	715-8AM MS	intervalMELTDOWN Matthew Modleski	630-715AM CS	Studio Cycling Marcelo Ehrhardt
630-715AM MS	flex! Marcelo Ehrhardt			630-730AM LP	\$\$ Masters Swim Katie Michelau
715-745AM MS	TECHcore Marcelo Ehrhardt			715-745AM MS	TECHcore Marcelo Ehrhardt
1145-12:15PM TA	TREAD IT Ed Dailey	1130AM-1215PM TA	TpowerDASH Jenn Hogg	1145-1215PM TA	TREAD IT Marcelo Ehrhardt
1205-1250PM Meta S	META circuit Marques Chaplin	1145-1215PM MS	TECHcore Joanna Tomczynska	1205-1250 Meta S	META circuit Matthew Modleski
1215-1PM MS	Barre Body Mikhaila Woodall	1215-1PM CS	Studio Cycling Joanna Tomczynska	1215-1PM CS	Studio Cycling Marcelo Ehrhardt
1215-1PM CS	Studio Cycling Ed Dailey	1215-1PM MS	TETRA sculpt Matthew Modleski	1215-1PM MS	flex! Melissa Metro
1-145PM MS	TECHCore & Mobility Marcelo Ehrhardt	1-145PM MS	SETS & REPS Joanna Tomczynska	1-130PM MS	RIPPED (Jump Rope) Matthew Modleski
				130-2PM MS	Six Pack Skip Matthew Modleski
530-6PM MS	TECHupper Marcelo Ehrhardt	530-6PM MS	TECHcore Matthew Modleski	530-630PM Meta S	META circuit Jenn Hogg
6-630PM MS	TECHlower Marcelo Ehrhardt	6-645PM Meta S	META circuit Matthew Modleski	530-630PM MS	ZUMBA Jenny Terlinden
630-715pm CS	Studio Cycling Marcelo Ehrhardt	6-645PM MS	flex! Carla Coelho	545-630PM CS	Studio Cycling Ed Dailey
630-715PM MS	FUERZAKickboxing Devin Buchanan	615-7PM CS	Studio Cycling Emily Keaschal	630-7PM Meta S	Six Pack Skip Jenn Hogg
				630-730PM MS	FUERZAcontact Jenny Terlinden

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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.

**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.

**JustDANCE!**

Sweat with combinations of Jazz, Latin, African dance & Funk. Learn easy to follow routines that will burn calories and boost your dance skills like never before. All levels welcome.

**simple 2 compound**

A complete body conditioning class that starts with simple individual exercises that fuse into upper and lower body compound movements. A series of plank core training exercises will also be introduced. All levels welcome.

**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.

**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.

**Six-Pack Skip and RIPPED**

**Six Pack Skip** is a 30minute HITT it and QUIT IT class that is cardio and core focused metabolic blast designed for maximum caloric ROI. Agility based circuits featuring rope jumping cardio paired with dynamic core movements will take your coordination, strength and balance to new heights. Get ready to skip into summer with 6-pack. **RIPPED** is also 30 minutes total body blast of circuits of body loaded movement, agility based cardio using jump ropes and high intensity metabolic finishers will shred calories and torch body fat. Get ready to get ripped!

**FUERZAKickboxing**

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.

**BODY sculpt**

A full body workout using weights, body bars, medicine balls and more. This is going back to the basics type of training. This class is open to all levels and demographics. Great for participants looking to just lift and work on strength and endurance. Simple to compound exercises will be explored.

**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.

**strengthPLUS**

Strength plus just enough cardio to get the metabolism humming. This class uses timed intervals so that participants can work out at their own pace. Each session will combine compound exercises, core drills and sports drills to challenge every fitness level by focusing on increasing strength, endurance, balance and agility, thus creating the ability to progress from a very basic exercise (a squat) to a complex exercise (burpee). This class is exceptional for those who are new to exercise, recovering from an injury or those who just need a good cross training class.

**tripleBLOCKtraining**

Three blocks of training for the entire body, each block consists of strength training using multiple types of equipment for 4 to 5 minutes, a segment of cardio (1-2 minutes) followed by core work (1-3 minutes). The goal of this class is to get three elements of training within one block, instructors will set the amount of blocks within each class depending on whether the focus will be more cardio, strength or core work. All levels welcome.

**BARRE BODY**

this is a FULL body toning class inspired by BARRE/DANCE type training but adapted to using A BODY BAR for stabilization, balance and leg work. Resistance training is also incorporated into the formatted class. This class brings new intensity to classic BARRE-inspired exercises. BARRE-body is set to music for a non-stop, fun and energetic workout from warm-up to cool-down class and will include an easy to follow cardio movement burst at the half way point. Class ends on the mat with high rep conditioning work for the lower body and core. All levels welcome.

**intervalMELTDOWN**

A class exclusive to LSF that focuses solely on interval training. Class is a total of two 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 carefully selected intervals on a free standing bag. Participants should have some fitness training or cardiovascular training in order to participate.

**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

**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.

**META circuit**

META circuit is a high intensity class designed for athletes looking to take their fitness to the next level. Using IndoRow water rowers, TRX, Barbells, Slam Balls, and Dumbbells members will test their limits in strength, power, muscle endurance and cardiovascular training. Athletes will be taken through four stations that will couple traditional strength training, metabolic work, and HIIT. Please reserve your spot on the MyLSF app prior to attendance as space is limited to 16 participants

**TpowerDASH**

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.

**TECHcore**

his class targets all muscle groups that make up the 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.

**ZUMBA**

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

**CYCLE sculpt**

Meet in the Cycling Studio FOR THIS FULL BODY TRAINING CLASS don in blocks. HIGH INTENSITY interval training on the bike followed by muscle training off the bike using weights or your body weight. Three blocks of this equal the class. A full body workout

**flexI**

flexI Pair functional load with explosive movement and you get flexI This class features paced strength training with racing cardio drills for a workout that leaves you strong and sweaty. Smart, efficient and FUN! Get ready for a balanced build of muscle and metabolic conditioning.

**TETRA sculpt/ TETRA express**

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 TETRA express is a 30 minute version of this class- scheduled early morning

**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 a burst of 10-15 seconds of cardio to transition from sets to core training. All Levels welcome

**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, sprints 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.

**TREAD IT**

A 45 minute treadmill class that follows real outdoor training for all level runners. Experience flats, sprints, 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.

**TECH-upper**

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.

**Sip & Stretch**

Grab a beverage of your choice at Press Kitchen and then meet us up on the roof for a half hour stretch led by Matt Modleski. Bands and mats will be ready on the roof, and participants will be led through a full body stretch. Come restore, relax, and have fun! Participants will receive 50% off beverages, not only for the class, but for the entire night!

**Dance uR Mass OFF**

High Intensity Cardio Dance workout taken from all forms of dance such as Latin, Hip Hop, African, Jazz, Contemporary etc. set to amazing and energizing music. All levels welcome. This is a DANCE WORKOUT

**CYCLE 2 the BEAT**

Lakeshore SF and Running To The Beat proudly present **Cycle To The Beat**. This class is inspired by the music of Peter Dinklage – the creator of the ITUNES #1 Podcast Running To The Beat - and mapped out by our instructor Matt Modleski. Matthew and Peter will take you on a high octave, mind blowing 1 hour ride. Cycle to the beat and get lost in the a musical journey. Cycle to the beat will have your heart pumping, legs moving and screaming for more. Increase your endurance, speed, rate of perceived exertion and LINI FASH THF ATHI FTF WITHIN. First come First

CLASS DESCRIPTIONS

**candle Light YOGA**

A Friday night special class that has a gentle approach to it. Flows are integrated with warm light and meditation. All levels are welcome

**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.

**YOGA101**

An introductory class that will help you understand the language of yoge while you explore yoga flows and poses. Open to all levels as a brush up and great for beginners.

**Yoga SCULPT**

A fusion class of yoga flow plus sculpting elements that use weights to tone and hone the body. Some of the poses will be explored with light weights. Some proficiency in yoga required.