

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.

**MUSCLEtech**

This TOTAL BODY strength training class alternates between upper body, lower body and compound, total body movements designed to increase strength and improve body composition. Strict attention to form and full range of motion for all exercise patterns performed.

**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**

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**

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.

**stepFUSION**

a class that takes us back to the days of STEP AEROBICS. Learn an easy combination - follow it with a medicine ball cardio portion. Do three blocks of this and you have your complete cardio workout- Finish with abdominals. It's back to the STEP classic cardio class. All levels welcome.

**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.

**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.

**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 system used. When rain does make it rain.

**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**

. 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, 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.

**triDECAfect**

This class 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.

**REMIX cardio Dance**

This Cardio Dance Class brings the heat from teh best in Pop, Latin, Club, Hip Hop and DanceHall Music. Easy lead and follow format with built in intervals guarantee a great kcal burn. All while enjoying what's trending in music and current moves!

**TECHcore**

. 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**

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.

**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 HIT. Please reserve your spot as this class is only open to 16 participants. You can reserve your spot on the MYLSF app prior to attendance. Class is FREE but a \$5 No Show Fee will be applied for members who reserve a spot and do not show up. Cancellations must happen 3 hours prior to class start time.

**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

**flex!**

flex! Pair functional load with explosive movement and you get flex! 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.

**BRICK land**

An intense cardiovascular endurance class that is layered between Indoory Cycling and Treadmill training. You meet at the cycling Studio and navigate flats, hills and sprints- you transition to the treadmills to work on terrain profile before heading back to cycling and finishing on the treadmills. A full hour of intense cardio training for the athlete in you.

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. Check for multiple levels of Pilates on our Schedule.

**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 Mikhaela 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.

**yoga4men**

a class specifically targeting troubled spots that men encounter like hamstring tightness and shoulder and lower back issues. This class is a yoga class that will evolve based on those attending class. All levels welcome.

**Hour Glass Barre Body**

Class incorporates elements of Ballet, Modern Dance, Pilates and lite weight training resulting in a sculpted upper body, streamlined waist, toned legs and heavy emphasis on lifting and defining gluteus. All levels

**yoga 4 seniors**

a yoga approach for seniors that will focus on flows and poses to help with strength and flexibility. All levels welcome