

Lakeshore Sport & Fitness
Lincoln Park

Group Fitness Schedule NOVEMBER

Nov-18

MONDAY		TUESDAY		WEDNESDAY	
6-645AM CS	Studio Cycling Ed Dailey	545-645AM CS	brickLAND Marcelo Ehrhardt	6-645AM CS	Studio Cycling Marcelo Ehrhardt
6-645AM MS	triDECAfect Joanna Tomczynska	7-745AM CS	Studio Cycling Ed Dailey	6-645AM MS	TETRAsculpt Devin Buchanan
830-915AM MS	tripleBLOCKtraining Melissa Metro	830-915AM TA	TREAD IT Jenn Hogg	630-715AM Meta-S	META circuit Joanna Tomczynska
915-930AM MS	FIERCEabs Nicole Thomas	830-930AM MS	intervalMELTDOWN Marcelo Ehrhardt	830-930AM MS	stepFUSION Nicole Thomas
830-915AM TA-4	TpowerDASH Jenn Hogg	830-930AM RP	Aqua Fit Joanna Tomczynska	830-930AM Meta-S	META-circuit Jenn Hogg
915-1015AM CS	Studio Cycling Ed Dailey	930-1015AM CS	Studio Cycling Marcelo Ehrhardt	830-930AM RP	Aqua Fit Lisa Payovich
930-1030AM MS	Cardio Kickboxing Nicole Thomas	930-1030AM MS	flex! Jenn Hogg	830-915AM TA-3	TREAD IT Ed Dailey
1030-1130AM MS	CardioARCHTECT Mark Kater			915-1015AM CS	Studio Cycling Bob Willems
				930-1030AM MS	tabataFUSION Joanna Tomczynska
				1030-1130AM MS	BODYconditioning Lisa Payovich
530-630PM MS	tabataFUSION Mikhaila Woodall	6-630PM T4	TREAD IT Ed Dailey	530-615PM MS	flex! Carla Coelho
630-715PM MS	TETRA sculpt Tracey Green	545-630PM MS	MUSCLEtech Jenn Hogg	615-630PM MS	TECH-core Carla Coelho
715-730PM MS	TECH core Tracey Green	630-7PM MS	TECH-core Jenn Hogg	630-730PM MS	FUERZAKickboxing Devin Buchanan
730-830PM MS	WERQ Tracey Green	630-715PM CS	Studio Cycling Ed Dailey		
730-815PM Meta-S	METAcircuit Brendan Butkus	7-745PM MS	ATHLETEzone Jenn Hogg		

for most current information please download our new app: MyLSF



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Group Fitness Schedule p.2

Nov-18

THURSDAY		FRIDAY		SATURDAY	
545-645AM CS	brickLAND Marcelo Ehrhardt	545-645AM MS	ATHLETEzone Joanna Tomczynska	7-8AM MS	TETRA sculpt Marcelo Ehrhardt
545-630AM Meta-S	META circuit Joanna Tomczynska	6-645AM CS	Studio Cycling Ed Dailey	8-9AM MS	REMIX (cardio dance) Rebecca Lee
7-745AM LP	Studio Cycling Ed Dailey	630-715AM Meta-S	META circuit Brendan Butkus	8-9AM CS	Studio Cycling Ed Dailey
830-915AM TA-3	TREAD IT Ed Dailey	830-930AM Meta-S	META circuit Jenn Hogg	815-9AM T4	TpowerDASH Marcelo Ehrhardt
830-930AM MS	FUERZAkickboxing Marcelo Ehrhardt	830-930AM MS	FUERZAcontact Meredith Lyons	9-10AM MS	ATHLETEzone Marcelo Ehrhardt
830-915AM RP	Aqua Fit Jenn Hogg	830-915AM TA-4	TpowerDASH Carla Coelho	915-10AM CS	Studio Cycling Ed Dailey
930-1030AM MS	Full Body Architect Nicole Thomas	915-1015AM CS	Studio Cycling Bob Willems	10-11AM MS	FUERZAkickboxing Devin Buchanan
		930-1030AM MS	Full Body Architect Melissa Metro	11-12PM MS	tabataFUSION Carla Coelho
				SUNDAY	
				830-930AM MS	TABATAfusion Tracey Green
				830-10AM CS	Studio Cycling Bob Willems
				930-1030AM MS	TETRA sculpt Mikhaila Woodall
				1030-1130AM MS	ATHLETEzone Brendan Butkus
				11-1145AM Meta-S	META circuit Tracey Green
				1130-12PM MS	TECH-core Brendan Butkus
545-645PM CS	Studio Cycling Bob Willems	Studio Legend: CS: Cycling Studio 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 YS2: Yoga Studio 2 Roof Top Lawn			
					RT

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Mind & Body November

Nov-18

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 Mark Kater	7-8AM YS	vinyasaFLOW L1-L3 Halle Miroglotta	9-10AM YS	vinyasaFLOW L1-L3 Becky Meiselman
9-955AM YS	yoga SCULPT Mikhaila Woodall	8-9AM YS	RestorativeYOGA Halle Miroglotta	915-10AM YS-2	Pilates Mat L2-L3 Zineb Chraibi
915-955AM YS 2	Pilates Mat L2-L3 Zineb Chraibi	830-930AM YS-2	MEGA Mat Dan Hurst	10-11AM YS	hathaYOGA L1-L3 Rhonda Duffaut
10-1055AM YS	vinyasaFLOW L1-L3 Meredith Lyons	9-10AM YS	hathaYOGAL1-L3 Halle Miroglotta		
		1030-1130AM YS-2	Pilates Mat L1-L3 Lisa Iantoni		
12-1PM YS	hathaYOGAL1-L3 Mark Kater	12-1PM YS	vinaysaFLOW Mikhaila Woodall	12-1PM YS	fundamentalYOGA Mark Kater
430-530PM MS	barreBODY Mikhaila Woodall	430-6PM YS	vinyasaFLOWL1-L3 Halle Miroglotta	5-6PM YS	restorativeYOGA Meredith Lyons
530-630PM YS	vinayasaBASICS Becky Meiselman	6-7PM YS	yogaSCULPT Halle Miroglotta	530-630PM YS-2	MEGA Mat Mikhaila Woodall
630-645PM YS	Meditation Becky Meiselman			630-730PM YS	vinyasaFLOW Mikhaila Woodall

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THURSDAY		FRIDAY		SATURDAY	
6-655AM YS	HATHA yoga Mark Kater	7-755AM YS	vinyasaFLOW L1-L3 Halle Miroglotta	730-855AM YS	yogaSTRENGTHL2-L3 Melody Bose
8-9AM YS	yoga 4 SENIORS Mark Kater	8-855AM YS	gentleYOGA L1-L3 Halle Miroglotta	9-955AM YS-2	Hourglass Barre-Body Rebecca Lee
815-855M YS-2	Pilates Mat L1-L3 Lisa Iantoni	830-925AM YS-2	Pilates Mat L1-L2 Zineb Chraibi	9-10AM YS	vinyasaFLOW L1-L3 Dave York
9-955AM YS	yoga SCULPT Halle Miroglotta	9-955AM YS	hathaYOGA L1-L3 Halle Miroglotta	10-1055AM YS	Tai Chi Flow Dave York
10-11:15AM YS	vinyasaFLOW L1-L3 Meredith Lyons	930-1025AM YS-2	BARRE-evolution Werner Martin	11-12PM YS	yogaSMART Mikhaila Woodall
		1030-1130AM MS	YOGA sculpt Mikhaila Woodall	12-1PM MS	YOGA sculpt Mikhaila Woodall
				1-2PM YS	YOGA 4 MEN Jack Ryan
		12-1PM YS	vinyasaFLOW Mark Kater		
				SUNDAY	
				830-955AM YS	vinyasaFLOW L1-L3 Becky Meiselman
5-555PM YS	fundamentalYOGA Mikhaila Woodall			10-11AM YS-2	Pilates Mat L1-L3 Zineb Chraibi
6-7PM MS	Thirsty Thursdays YOGAsculpt Mikhaila Woodall			1030-12PM YS	vinyasaFLOW L2-L3 Mikhaila Woodall
				12-1PM MS	YOGA sculpt Mikhaila Woodall
		Studio Legend: 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			

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