

Lakeshore Sport & Fitness
Lincoln Park

GROUP FITNESS THANKSGIVING 2018

THANKSGIVING

MONDAY 11/19		TUESDAY 11/20		WEDNESDAY 11/21	
6-645AM MS	triDECAfect Joanna Tomczynska	545-645AM CS	brickLAND Marcelo Ehrhardt	6-645AM CS	Studio Cycling Marcelo Ehrhardt
830-915AM MS	tripleBLOCKtraining Melissa Metro	7-745AM CS	Studio Cycling Marcelo Ehrhardt	6-645AM MS	TETRAsculpt Devin Buchanan
915-930AM MS	FIERCEabs Nicole Thomas	830-915AM TA	TREAD IT Jenn Hogg	630-715AM Meta-S	META circuit Joanna Tomczynska
830-915AM TA-4	TpowerDASH Jenn Hogg	830-930AM MS	intervalMELTDOWN Marcelo Ehrhardt	830-930AM Meta-S	META-circuit Jenn Hogg
915-1015AM CS	Studio Cycling Jenn Hogg	830-930AM RP	Aqua Fit Joanna Tomczynska	830-930AM MS	stepFUSION Nicole Thomas
930-1030AM MS	Cardio Kickboxing Nicole Thomas	930-1030AM MS	fleX! Jenn Hogg	915-1015AM CS	Studio Cycling Bob Willems
1030-1130AM MS	CardioARCHTECT Mark Kater			930-1030AM MS	tabataFUSION Joanna Tomczynska
530-630PM MS	tabataFUSION Mikhaila Woodall	545-630PM MS	MUSCLEtech Jenn Hogg		
630-715PM MS	TETRA sculpt Tracey Green	630-7PM MS	TECH-core Jenn Hogg		
715-730PM MS	TECH core Tracey Green	7-745PM MS	ATHLETEzone Jenn Hogg		
730-830PM MS	WERQ Tracey Green				

for most current information please download our new app: MyLSF



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THANKSGIVING

THURSDAY 11/22		FRIDAY 11/23		SATURDAY 11/24	
730-830AM CS	BRICK Land Marcelo Ehrhardt	545-645AM MS	ATHLETEzone Joanna Tomczynska	7-8AM CS	BRICK land Marcelo Ehrhardt
830-930AM MS	FUERZAkickboxing Marcelo Ehrhardt	6-645AM CS	Studio Cycling Ed Dailey	8-9AM CS	Studio Cycling Ed Dailey
9-10AM CS	Studio Cycling Ed Dailey	830-930AM Meta-S	META circuit Jenn Hogg	815-9AM T4	TpowerDASH Marcelo Ehrhardt
930-1030AM MS	Full Body Architect Nicole Thomas	830-930AM MS	FUERZAcontact Marcelo Ehrhardt	915-10AM CS	Studio Cycling Ed Dailey
		930-1015AM TA-4	TpowerDASH Marcelo Ehrhardt	9-10AM MS	META circuit Mikhaila Woodall
		915-1015AM CS	Studio Cycling Bob Willems		
		930-1030AM MS	Full Body Architect Melissa Metro		
				SUNDAY	
				830-10AM CS	Studio Cycling Bob Willems
				930-1030AM META-S	META circuit Mikhaila Woodall
		<p>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</p>			
				RT	

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Mind & Body THANKSGIVING 2018

THANKSGIVING

MONDAY 11/19		TUESDAY 11/20		WEDNESDAY 11/21	
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		
10-1055AM 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		
430-530PM MS	barreBODY Mikhaila Woodall				
530-630PM YS	vinayasaBASICS Becky Meiselman				
630-645PM YS	Meditation Becky Meiselman				

please download our new app: MyLSF for current classes/instructors/subs or visit www.lakeshoresf.com



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THANKSGIVING

THURSDAY 11/22		FRIDAY 11/23		SATURDAY 11/24	
9-1030AM YS	vinygasYOGA Mikhaila Woodall	830-925AM YS-2	Pilates Mat L1-L2 Zineb Chraibi	730-855AM YS	yogaSTRENGTHL2-L3 Mellody Bose
		9-10AM YS	vinyasaYOGA Mikhaila Woodall	9-955AM YS-2	Hourglass Barre-Body Rebecca Lee
		1030-12PM YS	Turkey Burn Mikhaila Woodall	11-12PM YS	yogaSMART Mikhaila Woodall
				12-1PM YS	YOGA sculpt Mikhaila Woodall
				SUNDAY 11/25	
				830-955AM YS	vinyasaFLOW L1-L3 Bridget Skaggs
				10-11AM YS-2	Pilates Mat L1-L3 Zineb Chraibi
				1030-12PM YS	vinyasaFLOW L2-L3 Mikhaila Woodall
				12-1PM YS	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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