

Lakeshore Sport & Fitness
Lincoln Park

Group Fitness HOLIDAY TWO 12/24-12/30

HOLIDAY TWO

MONDAY 12/24		TUESDAY 12/25		WEDNESDAY 12/26	
6-645AM CS	Studio Cycling Ed Dailey			6-645AM CS	Studio Cycling Marcelo Ehrhardt
6-645AM MS	triDECAfect Joanna Tomczynska			630-715AM Meta-S	META circuit Joanna Tomczynska
830-915AM MS	Full Body Architect Nicole Thomas			830-930AM MS	stepFUSION Nicole Thomas
915-930AM MS	FIERCEabs Nicole Thomas			830-930AM Meta-S	META-circuit Joanna Tomczynska
830-915AM TA-4	TpowerDASH Jenn Hogg			830-915AM TA-3	TREAD IT Ed Dailey
915-1015AM CS	Studio Cycling Ed Dailey			915-1015AM CS	Studio Cycling Bob Willems
930-1030AM MS	Cardio Kickboxing Nicole Thomas			930-1030AM MS	tabataFUSION Joanna Tomczynska
1030-1130AM MS	CardioARCHTECT Mark Kater				
				530-615PM MS	flex! Carla Coelho
				615-630PM MS	TECH-core Carla Coelho

for most current information please download our new app: MyLSF



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Lincoln Park

HOLIDAY SCHEDULE TWO p.2

HOLIDAY TWO

THURSDAY 12/27		FRIDAY 12/28		SATURDAY 12/29	
545-645AM CS	brickLAND Marcelo Ehrhardt	545-645AM MS	ATHLETEzone Joanna Tomczynska	615-7AM CS	Brick Land Marcelo Ehrhardt
545-630AM Meta-S	META circuit Joanna Tomczynska	6-645AM CS	Studio Cycling Ed Dailey	7-8AM MS	TETRA sculpt Marcelo Ehrhardt
7-745AM LP	Studio Cycling Ed Dailey	630-715AM Meta-S	META circuit Brendan Butkus	8-9AM MS	REMIX (cardio dance) Rebecca Lee
830-915AM TA-3	TREAD IT Ed Dailey	830-930AM MS	FUERZAcontact Meredith Lyons	8-9AM CS	Studio Cycling Ed Dailey
830-930AM MS	FUERZAkickboxing Marcelo Ehrhardt	830-915AM TA-4	TpowerDASH Carla Coelho	815-9AM T4	TpowerDASH Marcelo Ehrhardt
930-1030AM MS	Full Body Architect Nicole Thomas	915-1015AM CS	Studio Cycling Bob Willems	9-10AM MS	ATHLETEzone Marcelo Ehrhardt
		930-1030AM MS	Full Body Architect Melissa Metro	915-10AM CS	Studio Cycling Ed Dailey
				10-11AM MS	FUERZAkickboxing Marcelo Ehrhardt
				11-12PM MS	tabataFUSION Carla Coelho
				SUNDAY 30-Dec	
				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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Lakeshore Sport & Fitness
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Mind & Body HOLIDAY SCHEDULE TWO 12/24-12/30

HOLIDAY TWO

MONDAY 12/24		TUESDAY 12/25		WEDNESDAY 12/26	
645-745AM YS-2	Pilates Mat Joanna Tomczynska			9-10AM YS	vinyasaFLOW L1-L3 Becky Meiselman
8-855AM YS	gentleYOGA L1-L3 Mark Kater			915-10AM YS-2	Mega Mat Dan Hurst
10-1055AM YS	vinyasaFLOW L1-L3 Brendan Butkus			10-11AM YS	hathaYOGA L1-L3 Brendan Butkus
12-1PM YS	hathaYOGAL1-L3 Mark Kater			12-1PM YS	fundamentalYOGA Mark Kater
				5-6PM YS	restorativeYOGA Meredith Lyons
				630-730PM YS	vinyasaFLOW Meredith Lyons

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



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Mind & Body HOLIDAY TWO page 2

HOLIDAY TWO

THURSDAY 12/27		FRIDAY 12/28		SATURDAY 12/29	
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
9-955AM YS	yoga SCULPT Halle Miroglotta	830-930AM YS-2	Mega Mat Dan Hurst	9-10AM YS	vinyasaFLOW L1-L3 Dave York
10-11:15AM YS	vinyasaFLOW L1-L3 Meredith Lyons	9-955AM YS	hathaYOGA L1-L3 Halle Miroglotta	10-1055AM YS	gentleYOGA Dave York
		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
		12-1PM YS	vinyasaFLOW Mark Kater		
				SUNDAY 12/30	
				830-955AM YS	vinyasaFLOW L1-L3 Brendan Butkus
				10-11AM YS-2	Pilates Mat Sandy Nowarita
				1030-12PM YS	vinyasaFLOW L2-L3 Mikhaila Woodall
				12-1PM MS	YOGA sculpt Mikhaila Woodall
5-555PM YS	fundamentalYOGA Halle Miroglotta				
6-7PM MS	yoga SCULPT Halle Miroglotta				
		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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