

LSF Illinois Center January 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Studio Cycling CS <i>Chad Ehrhardt</i>	6:30-7:15 Cycle Sculpt MS <i>Joanna Tomczynska</i>	6:30-7:15 Studio Cycling CS <i>Ed Dailey</i>	6:30-7:15 Fuerza Contact MS <i>Matthew Modleski</i>	6:30-7:15 Cycle Sculpt MS <i>Carla Coelho</i>	8:00-9:00 Sets & Reps MS <i>Matthew Modleski</i>	9:00-10:15 VinyasaFLOW YS <i>Alissa Raisia</i>
6:30-7:15 ATHLETEzone MS <i>Marcelo Ehrhardt</i>	7:15-8:00 triDECAfect MS <i>Joanna Tomczynska</i>	6:30-7:15 Tabata Fusion MS <i>Carla Coelho</i>	7:15-7:45 flex! MS <i>Matthew Modleski</i>	6:30-7:15 Meta Circuit # MeS <i>Bri Perl</i>	9:00-10:00 Meta Circuit # MeS <i>Matthew Modleski</i>	10:30-11:15 Pilates Mat YS <i>Tatiana Morozova</i>
6:30-7:30 Masters Swim \$ LP <i>David Doerr</i>	7:15-8:15 VinyasaFLOW YS <i>Manny Garcia</i>	6:30-7:30 Masters Swim \$ LP <i>Katie Michelau</i>	7:15-8:15 VinyasaFLOW+ YS <i>Manny Garcia</i>	6:30-7:30 Masters Swim \$ LP <i>Julie Feingold</i>	9:00-10:15 VinyasaFLOW YS <i>Anngela Leone</i>	10:30-11:30 Dance Fitness MS <i>Dan Hurst</i>
7:15-7:45 Tech Core MS <i>Marcelo Ehrhardt</i>	11:30-12:15 TpowerDASH TA <i>Jenn Hogg</i>	7:15-7:45 Tech Core MS <i>Carla Coelho</i>	11:30-12:15 TpowerDASH TA <i>Marcelo Ehrhardt</i>	7:15-8:15 Hatha Yoga YS <i>Tatiana Morozova</i>	10:00-11:00 Studio Cycling CS <i>Matthew Modleski</i>	11:30-12:30 BarreBODY MS <i>Dan Hurst</i>
7:15-8:15 VinyasaBASICS YS <i>Tatiana Morozova</i>	11:45-12:15 TECH Core MS <i>Joanna Tomczynska</i>	7:15-8:15 Fundamental Yoga YS <i>Anngela Leone</i>	12:15-1:00 Studio Cycling CS <i>Matthew Modleski</i>	11:45-12:15 Tread It TA <i>Jenn Hogg</i>	10:00-11:00 Strength Plus MS <i>Melissa Metro</i>	
11:45-12:15 Tread It TA <i>Ed Dailey</i>	12:00-1:00 Fundamental Yoga YS <i>Bridget Skaggs</i>	11:45-12:15 Tread It TA <i>Marcelo Ehrhardt</i>	12:15-1:00 Fuerza Contact MS <i>Marcelo Ehrhardt</i>	12:00-12:30 TECH Upper MS <i>Carla Coelho</i>	10:15-11:00 Pilates Mat YS <i>Tatiana Morozova</i>	
12:05-12:50 Meta Circuit # MeS <i>Jenn Hogg</i>	12:15-1:00 Studio Cycling CS <i>Joanna Tomczynska</i>	11:30-12:15 MEGA Mat YS <i>Dan Hurst</i>	12:15-1:15 Fundamental Yoga YS <i>Bridget Skaggs</i>	12:05-12:50 Meta Circuit # MeS <i>Joanna Tomczynska</i>	11:00-12:00 VinyasaFLOW + YS <i>Tatiana Morozova</i>	
12:15-1:00 Fuerza Contact MS <i>Marcelo Ehrhardt</i>	12:15-1:00 BODY Formula MS <i>Marcelo Ehrhardt</i>	12:05-12:50 Meta Circuit # MeS <i>Brendan Butkus</i>	1:00-1:45 Sets & Reps MS <i>Marcelo Ehrhardt</i>	12:15-1:00 Pilates Mat YS <i>Zineb Chraibi</i>	11:00-12:00 Dance ur Mass Off MS <i>Melissa Metro</i>	
12:15-1:00 Studio Cycling CS <i>Ed Dailey</i>	1:00-1:45 Sets & Reps MS <i>Joanna Tomczynska</i>	12:15-1:15 VinyasaFLOW+ YS <i>Halle Miroglotta</i>	5:15-5:45 TECH Core MS <i>Jenn Hogg</i>	12:15-1:00 Studio Cycling CS <i>Jenn Hogg</i>		
12:15-1:00 Pilates Mat YS <i>Joanna Tomczynska</i>	5:15-6:00 Pilates Mat YS <i>Joanna Tomczynska</i>	12:15-1:00 Studio Cycling CS <i>Marcelo Ehrhardt</i>	5:30-6:30 Fundamental Yoga YS <i>Halle Miroglotta</i>	12:30-1:00 TECH Lower MS <i>Carla Coelho</i>		
1:00-1:45 BarreBODY MS <i>Joanna Tomczynska</i>	5:30-6:00 TECH Core MS <i>Brendan Butkus</i>	12:15-1:00 flex! MS <i>Melissa Metro</i>	5:45-6:30 Muscle TECH MS <i>Jenn Hogg</i>	1:00-1:45 BarreBODY MS <i>Joanna Tomczynska</i>		
1:00-2:00 VinyasaFLOW YS <i>Lani Granum</i>	6:00-6:45 Meta Circuit # MeS <i>Brendan Butkus</i>	5:15-5:45 Tread It TA <i>Ed Dailey</i>	5:45-6:30 Cycle 2 the BEAT # CS <i>Marcelo Ehrhardt</i>	1:00-2:00 VinyasaBASICS YS <i>Brendan Butkus</i>		
5:30-6:00 TECH Upper MS <i>Marcelo Ehrhardt</i>	6:00-6:45 ATHLETEzone MS <i>Carla Coelho</i>	5:15-5:45 TECH Core MS <i>Devin Buchanan</i>	6:30-7:30 Hatha Yoga YS <i>Halle Miroglotta</i>	5:30-6:15 Dance ur Mass Off MS <i>Melissa Metro</i>		
5:45-6:30 Pilates Mat YS <i>Tatiana Morozova</i>	6:00-7:00 VinyasaFLOW YS <i>Amanda Brizic</i>	5:30-6:30 Tetra Sculpt MS <i>Devin Buchanan</i>		5:30-6:15 Cycle Party CS <i>Robert Pickart</i>		
6:00-6:30 TECH Lower MS <i>Marcelo Ehrhardt</i>	6:15-7:00 Studio Cycling CS <i>Joanna Tomczynska</i>	5:30-6:30 VinyasaBasics YS <i>Carolyn Schalansky</i>		6:00-7:00 Candlelight Yoga YS <i>Jack Ryan</i>		
6:00-6:45 Meta Circuit # MeS <i>Joanna Tomczynska</i>	7:00-8:00 Restorative Yoga YS <i>Amanda Brizic</i>	5:45-6:30 Studio Cycling CS <i>Ed Dailey</i>		6:15-7:00 Sets & Reps MS <i>Melissa Metro</i>		
6:30-7:15 Studio Cycling CS <i>Robert Pickart</i>		6:15-7:00 Meta Circuit # MeS <i>Tim Iberle</i>				
6:30-7:15 Zumba MS <i>Mary Frith</i>		6:30-7:15 Fuerza Contact MS <i>Devin Buchanan</i>				
6:30-7:30 Hatha Yoga YS <i>Bridget Skaggs</i>		6:30-7:30 VinyasaFLOW YS <i>Blanca Arellano</i>				

Class Descriptions on back of schedule

For more information contact Group Fitness Director, **Marcelo Ehrhardt**
marceloe@lakeshoresf.com or visit www.LakeshoreSF.com

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Studio Key:

MS - Main Studio
 CS - Cycling Studio
 YS - Yoga Studio
 MeS - Meta Studio

TA - Treadmill Area
 LP - Lap Pool

Symbol Key:

+ - Advanced class
 \$ - Fee based class
 # - Sign up in advance
New Class