

## LSF Lincoln Park Easterl 2019 Group Fitness Schedule 4.15 to 4.21

MONDAY 4/15	TUESDAY 4/16	WEDNESDAY 4/17	THURSDAY 4/18	FRIDAY 4/19	SATURDAY 4/20	SUNDAY 4/21
6:00-6:45 <b>Studio Cycling</b> CS Ed Dailey	5:45-6:45 <b>Brick Land</b> CS Marcelo Ehrhardt	6:00-6:45 <b>Studio Cycling</b> CS Marcelo Ehrhardt	5:45-6:45 <b>Brick Land</b> CS Marcelo Ehrhardt	5:45-6:45 <b>AthleteZONE</b> MS Joanna Tomczynska	6:15-7:00 <b>Brick Land</b> CS Marcelo Ehrhardt	8:30-10:00 <b>Studio Cycling</b> CS Bob Willems
6:00-6:45 <b>triDECAfect</b> MS Joanna Tomczynska	6:00-7:00 <b>Hatha Yoga</b> YS Mark Kater	6:00-6:45 <b>Tetra Sculpt</b> MS Devin Buchanan	6:00-7:00 <b>Hatha Yoga</b> YS Mark Kater	6:00-6:45 <b>Studio Cycling</b> CS Ed Dailey	7:00-8:00 <b>BODYformula</b> MS Marcelo Ehrhardt	9:30-10:30 <b>Tetra Sculpt</b> MS Mikhaila Woodall
6:45-7:45 <b>Pilates Mat</b> YS2 Joanna Tomczynska	7:00-7:45 <b>Studio Cycling</b> CS Ed Dailey	6:30-7:15 <b>Meta Circuit #</b> MeS Joanna Tomczynska	7:00-7:45 <b>Studio Cycling</b> CS Ed Dailey	7:00-8:00 <b>VinyasaFLOW+</b> YS Halle Miroglotta	7:30-9:00 <b>Yoga SMART</b> YS Melody Bose	10:00-11:00 <b>Pilates Mat</b> YS2 Zineb Chraibi
8:00-9:00 <b>Gentle Yoga</b> YS Mark Kater	7:00-8:00 <b>VinyasaFLOW</b> YS Halle Miroglotta	6:45-7:45 <b>Pilates Mat</b> YS2 Tatiana Morozova	7:00-8:00 <b>VinyasaFLOW</b> YS Brianna Lombardo	8:00-9:00 <b>Gentle Yoga</b> YS Halle Miroglotta	8:00-9:00 <b>DANCE fitness</b> MS Jenny Terlinden	10:30-11:45 <b>VinyasaFLOW+</b> YS Mikhaila Woodall
8:30-9:15 <b>tripleBLOCKtraining</b> MS Melissa Metro	8:00-9:00 <b>Restorative Yoga</b> YS Halle Miroglotta	8:30-9:30 <b>StepFUSION</b> MS Jenny Terlinden	8:00-9:00 <b>Senior Yoga</b> YS Mark Kater	8:30-9:30 <b>Meta Circuit #</b> MeS Jenn Hogg	8:00-9:00 <b>Studio Cycling</b> CS Ed Dailey	12:00-1:00 <b>Yoga Sculpt</b> YS Mikhaila Woodall
8:30-9:15 <b>TpowerDASH</b> T4 Jenn Hogg	8:30-9:15 <b>Tread It</b> T3 Jenn Hogg	8:30-9:30 <b>Meta Circuit #</b> MeS Jenn Hogg	8:15-9:00 <b>Pilates Mat</b> YS2 Lisa Iantoni	8:30-9:30 <b>Pilates Mat</b> YS2 Joanna Tomczynska	8:15-9:00 <b>TpowerDASH</b> CS Marcelo Ehrhardt	
9:00-10:00 <b>Yoga Sculpt</b> YS Dan Hurst	8:30-9:30 <b>MEGA Mat</b> YS2 Dan Hurst	8:30-9:15 <b>Tread It</b> T3 Ed Dailey	8:30-9:15 <b>Tread It</b> T3 Ed Dailey	8:30-9:30 <b>FUERZA Contact</b> MS Devin Buchanan	9:00-10:00 <b>AthleteZONE</b> MS Marcelo Ehrhardt	
9:15-9:30 <b>Fierce Abs</b> MS Jenn Hogg	8:30-9:30 <b>Interval Meltdown</b> MS Marcelo Ehrhardt	8:30-9:30 <b>Aqua Fit</b> RP Lisa Payovich	8:30-9:15 <b>Aqua Fit</b> RP Joanna Tomczynska	8:30-9:15 <b>TpowerDASH</b> T4 Carla Coelho	9:00-10:00 <b>VinyasaFLOW</b> YS Dave York	
9:15-10:00 <b>Pilates Mat+</b> YS2 Melissa Metro	8:30-9:30 <b>Aqua Fit</b> RP Joanna Tomczynska	9:00-10:00 <b>VinyasaFLOW</b> YS Becky Meiselman	8:30-9:30 <b>FUERZA Kickboxing</b> MS Marcelo Ehrhardt	9:00-10:00 <b>Hatha Yoga</b> YS Halle Miroglotta	9:00-10:00 <b>BarreEVOLUTION</b> YS2 Jenny Terlinden	
9:15-10:15 <b>Studio Cycling</b> CS Ed Dailey	9:00-10:00 <b>Hatha Yoga</b> YS Halle Miroglotta	9:15-10:00 <b>Pilates Mat+</b> YS2 Joanna Tomczynska	9:00-10:00 <b>Yoga Sculpt</b> YS Halle Miroglotta	9:15-10:15 <b>Studio Cycling</b> CS Bob Willems	9:15-10:00 <b>Studio Cycling</b> CS Ed Dailey	
9:30-10:30 <b>Cardio Kickboxing</b> MS Jenn Hogg	9:30-10:15 <b>Studio Cycling</b> CS Marcelo Ehrhardt	9:15-10:15 <b>Studio Cycling</b> CS Bob Willems	9:30-10:30 <b>Full Body Architect</b> MS Jenn Hogg	9:30-10:30 <b>Barre Body</b> YS2 Jenn Hogg	10:00-11:00 <b>FUERZA Kickboxing</b> MS Devin Buchanan	
10:00-11:00 <b>VinyasaFLOW</b> YS Robert Sanchez	9:30-10:30 <b>flex!</b> MS Jenn Hogg	9:30-10:30 <b>Tabata Fusion</b> MS Jenn Hogg	10:00-11:15 <b>VinyasaFLOW+</b> YS Halle Miroglotta	9:30-10:30 <b>Full Body Architect</b> MS Melissa Metro	10:00-11:00 <b>Gentle Yoga</b> YS Dave York	
10:30-11:30 <b>CardioARCHITECT</b> MS Mark Kater	10:00-11:00 <b>Yoga SMART</b> YS Halle Miroglotta	10:00-11:00 <b>Hatha Yoga</b> YS Rhonda Duffaut	12:00-1:00 <b>VinyasaFLOW</b> YS Tyra Notorangelo	10:30-11:30 <b>Yoga Sculpt</b> YS Dan Hurst	11:00-12:00 <b>Tabata Fusion</b> MS Carla Coelho	
12:00-1:00 <b>Hatha Yoga</b> YS Mark Kater	10:30-11:30 <b>Pilates Mat</b> YS2 Lisa Iantoni	10:30-11:30 <b>Body Conditioning</b> MS Lisa Payovich	5:00-6:00 <b>VinyasaBASICS</b> YS Audrey Schwegel	12:00-1:00 <b>Senior Yoga</b> YS Mark Kater	11:00-12:00 <b>YogaSMART</b> YS Mikhaila Woodall	
4:30-5:30 <b>VinyasaFLOW</b> YS Brendan Butkus	12:00-1:00 <b>VinyasaFLOW</b> YS Audrey Schwegel	12:00-1:00 <b>Gentle Yoga</b> YS Mark Kater	5:30-6:30 <b>TETRA sculpt</b> MS Devin Buchanan	5:30-6:30 <b>Vinyasa Yoga</b> YS Audrey Schwegel	12:00-1:00 <b>Yoga Sculpt</b> YS Mikhaila Woodall	
5:30-6:30 <b>VinyasaBASICS</b> YS Becky Meiselman	4:30-6:00 <b>VinyasaFLOW+</b> YS Halle Miroglotta	5:00-6:00 <b>Restorative Yoga</b> YS Robert Sanchez	5:45-6:45 <b>Studio Cycling</b> CS Bob Willems		1:00-2:00 <b>VinyasaBASICS</b> YS Brendan Butkus	
5:30-6:30 <b>Tabata Fusion</b> MS Brendan Butkus	6:00-6:30 <b>Tread It</b> T4 Ed Dailey	5:30-6:15 <b>flex!</b> MS Carla Coelho	6:00-7:00 <b>Yoga Sculpt &amp; Gulp</b> YS Dan Hurst		4:00-5:00 <b>VinyasaFLOW</b> YS Jack Ryan	
6:30-6:45 <b>Meditation</b> YS Becky Meiselman	6:00-7:00 <b>Yoga Sculpt</b> YS Halle Miroglotta	5:30-6:30 <b>MEGA Mat</b> YS2 Jenn Hogg	6:30-7:30 <b>FUERZA Kickboxing</b> MS Devin Buchanan			
6:30-7:15 <b>Tetra Sculpt</b> MS Tracey Green	6:30-7:15 <b>Studio Cycling</b> CS Ed Dailey	6:15-6:30 <b>TECH Core</b> MS Carla Coelho				
7:15-7:30 <b>TECH Core</b> MS Tracey Green		6:30-7:30 <b>VinyasaFLOW+</b> YS Robert Sanchez				
7:30-8:30 <b>WERQ Dance</b> MS Tracey Green		6:30-7:30 <b>REMIX Dance</b> MS Rebecca Lee				
		7:30-8:30 <b>Muscle Training</b> MS Rebecca Lee				

Class Descriptions and Studio Key on back of schedule. For more information contact Group Fitness Director, **Marcelo Ehrhardt** [marceloe@lakeshoresf.com](mailto:marceloe@lakeshoresf.com) or visit [www.LakeshoreSF.com](http://www.LakeshoreSF.com) Download our app MyLSF!