

## LSF Illinois Center August 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 <b>Studio Cycling</b> CS Chad Ehrhardt	6:30-7:15 <b>Cycle Sculpt</b> CS Joanna Tomczynska	6:30-7:15 <b>Studio Cycling</b> CS Ed Dailey	6:30-7:15 <b>intervalMELTDOWN</b> MS Carla Coelho	6:30-7:15 <b>Meta Circuit #</b> MeS Bri Perl	8:00-9:00 <b>BarreBODY</b> MS Joanna Tomczynska	9:00-10:15 <b>VinyasaFLOW</b> YS Alissa Raisia
6:30-7:15 <b>ATHLETEzone</b> MS Marcelo Ehrhardt	7:15-8:00 <b>triDECAfect</b> MS Joanna Tomczynska	6:30-7:15 <b>Tabata Fusion</b> MS Carla Coelho	6:30-7:30 <b>Masters Swim \$</b> LP Kelly McNichols	6:30-7:30 <b>Masters Swim \$</b> LP Julie Feingold	9:00-10:00 <b>Meta Circuit #</b> MeS Joanna Tomczynska	10:30-11:15 <b>Pilates Mat</b> YS Tatiana Morozova
6:30-7:30 <b>Masters Swim \$</b> LP John Hartley	7:15-8:15 <b>VinyasaFLOW</b> YS Jack Ryan	6:30-7:30 <b>Masters Swim \$</b> LP Katie Michelau	7:15-7:45 <b>Tech Core</b> MS Carla Coelho	7:15-8:15 <b>Hatha Yoga</b> YS Tatiana Morozova	9:00-10:15 <b>VinyasaFLOW</b> YS Anngela Leone	10:30-11:30 <b>Dance Fitness</b> MS Dan Hurst
7:15-7:45 <b>Tech Core</b> MS Marcelo Ehrhardt	11:45-12:15 <b>TECH Core</b> MS Joanna Tomczynska	7:15-7:45 <b>Tech Core</b> MS Carla Coelho	7:15-8:15 <b>VinyasaFLOW+</b> YS Jack Ryan	11:45-12:15 <b>Tread It</b> TA Jenn Hogg	10:00-11:00 <b>Studio Cycling</b> CS Joanna Tomczynska	11:30-12:30 <b>BarreBODY</b> MS Dan Hurst
7:15-8:15 <b>VinyasaBASICS</b> YS Tatiana Morozova	12:00-1:00 <b>Fundamental Yoga</b> YS Bridget Skaggs	7:15-8:15 <b>Fundamental Yoga</b> YS Anngela Leone	11:30-12:15 <b>TpowerDASH</b> TA Marcelo Ehrhardt	12:05-12:50 <b>Meta Circuit #</b> MeS Brendan Butkus	10:00-11:00 <b>Strength Plus</b> MS Melissa Metro	
11:45-12:15 <b>Tread It</b> TA Ed Dailey	12:15-1:00 <b>per4mance Cycling</b> CS Joanna Tomczynska	11:45-12:15 <b>Tread It</b> TA Marcelo Ehrhardt	12:15-1:00 <b>Fuerza Contact</b> MS Marcelo Ehrhardt	12:15-1:00 <b>Pilates Mat</b> YS Zineb Chraibi	10:15-11:00 <b>Pilates Mat</b> YS Tatiana Morozova	
11:45-12:15 <b>Tech Core</b> MS Marcelo Ehrhardt	12:15-1:00 <b>Raise the Bar #</b> MS Jenn Hogg	12:05-12:50 <b>Meta Circuit #</b> MeS Joanna Tomczynska	12:15-1:00 <b>Studio Cycling</b> CS Ed Dailey	12:15-1:00 <b>per4mance Cycling</b> CS Jenn Hogg	11:00-12:00 <b>VinyasaFLOW +</b> YS Tatiana Morozova	
12:05-12:50 <b>Meta Circuit #</b> MeS Jenn Hogg	1:00-1:45 <b>OutdoorYoga Express</b> NRP Bridget Skaggs	12:15-1:15 <b>VinyasaFLOW+</b> YS Amanda Brizic	12:15-1:15 <b>Fundamental Yoga</b> YS Bridget Skaggs	1:00-2:00 <b>VinyasaFLOW</b> YS Brendan Butkus	11:00-12:00 <b>Dance ur Mass Off</b> MS Melissa Metro	
12:15-1:00 <b>Fuerza Contact</b> MS Marcelo Ehrhardt	1:00-1:45 <b>Sets &amp; Reps</b> MS Joanna Tomczynska	12:15-1:00 <b>Studio Cycling</b> CS Marcelo Ehrhardt	1:00-1:45 <b>Sets &amp; Reps</b> CS Marcelo Ehrhardt	5:30-6:15 <b>Dance ur Mass Off</b> MS Melissa Metro		
12:15-1:00 <b>Studio Cycling</b> CS Ed Dailey	5:15-6:00 <b>Pilates Mat</b> YS Jenn Hogg	12:15-1:00 <b>flex!</b> MS Melissa Metro	5:15-5:45 <b>TECH Core</b> MS Jenn Hogg	6:00-7:00 <b>Candlelight Yoga</b> YS Jack Ryan		
12:15-1:00 <b>Pilates Mat</b> YS Joanna Tomczynska	5:30-6:00 <b>TECH Core</b> MS Rebecca Lee	1:00-1:45 <b>BarreBODY</b> MS Joanna Tomczynska	5:30-6:30 <b>Fundamental Yoga</b> YS Anita March	6:15-7:00 <b>Sets &amp; Reps</b> MS Melissa Metro		
1:00-1:45 <b>BarreBODY</b> MS Joanna Tomczynska	6:00-6:45 <b>Meta Circuit #</b> MeS Rebecca Lee	5:15-5:45 <b>TECH Core</b> MS TonE Mitchell	5:45-6:30 <b>Muscle TECH</b> MS Jenn Hogg			
1:00-2:00 <b>VinyasaFLOW</b> YS Lani Granum	6:00-6:45 <b>Zumba</b> MS James Casher	5:45-6:30 <b>Tetra Sculpt</b> MS TonE Mitchell				
5:30-6:00 <b>TECH Upper</b> MS Marcelo Ehrhardt	6:00-7:00 <b>VinyasaFLOW</b> YS Amanda Brizic	5:30-6:30 <b>VinyasaBasics</b> YS Blanca Arellano				
5:45-6:30 <b>Pilates Mat</b> YS Tatiana Morozova	6:15-7:00 <b>Studio Cycling</b> CS Jenn Hogg	5:45-6:30 <b>per4mance Cycling</b> CS Ed Dailey				
6:00-6:30 <b>TECH Lower</b> MS Marcelo Ehrhardt	7:00-8:00 <b>Restorative Yoga</b> YS Amanda Brizic	6:30-7:15 <b>TabataFusion</b> MS TonEMitchell				
6:30-7:15 <b>Studio Cycling</b> CS Robert Pickart		6:30-8:00 <b>Wine Down Yoga</b> RT Halle Miroglotta				
6:30-7:15 <b>Zumba</b> MS Natalia Montalvo						
6:30-7:30 <b>Hatha Yoga</b> YS Bridget Skaggs						

Class Descriptions 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)

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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**