

GF CLASS DESCRIPTIONS

**ATHLETEzone!**

This class is designed for the advanced participant in that all forms of movement, strength training and cardiovascular training are explored in an interval/circuit format. 5 stations with 5 separate and challenging exercises. One minute to complete each exercise with 10 seconds to rotate to the next. 2 mini rounds complete one BIG ROUND. Three BIG ROUNDS completes the class. Think BOOTCAMP in the ROUND. Intermediate to Advanced Cardiovascular endurance suggested.

**MUSCLEtech**

This TOTAL BODY strength training class alternates between upper body, lower body and compound, total body movements designed to increase strength and improve body composition. Strict attention to form and full range of motion for all exercise patterns performed.

**FUERZAcontact**

A fusion of American Kickboxing and Karate class done on free standing kickboxing bags. Learn techniques and execute three rounds of training set to music. Gloves are provided and experience on the bags is not necessary. All levels welcome

**TETRA sculpt**

A full body training class that focuses on 4 layers of training. Layer 1 is the simple/single lifting exercise that alternates between upper body and lower body interval style. Layer 2 is one compound exercise completed in 1 minute. Layer 3 is your core training layer for 2 minutes and layer 4 is your 3 minute cardio high intensity interval layer. All levels are welcome

**Body Formula**

BODYformula has evolved into a full body training system where simple to more complex exercises are explored using dumbbells, Body Bars, Medicine Balls and Step Platforms. Bursts of cardio appear within the frame of the class where the focus will be to push to an uncomfortable zone (anaerobic). Standing for nearly 3 quarters of the class, you finish class with multiple full body exercises that include core isometric work with dynamic stretching. All levels welcome.

**FUERZAkickboxing**

this class is a fusion of American kickboxing and karate that is technical, fun and easy to follow. This system introduces techniques that include the jab, the cross, the hook and the upper cut along with the front push, back push and roundhouse. Fast punching and Isometric Chambers are included as anaerobic segments to the training system. Participants are encouraged to have intermediate to advanced cardiovascular endurance but can have beginner to advanced kickboxing experience.

**Full Body Architect**

This Total Body Resistance Training class is taught by the LSF GF Body Training Team. The team will give you an individualized feel in a group setting while focusing on technical set up and form along with repetition and overload necessary for gaining strength and endurance. Class will also focus on progressing from simple to more complex exercises. All levels are welcome.

**Interval Meltdown**

A class exclusive to LSF that focuses solely on interval training. Class is a total of three blocks that range from 15 to 17 minutes and comprised of carefully selected timed intervals using weights (heavy and light) and your own body weight. Take a mini break while putting boxing gloves to begin punching and kicking a free standing bag. During this segment you'll learn proper punching and kicking techniques which flow into faster sets to achieve breathless/anaerobic training. Participants should have some fitness training or cardiovascular training in order to participate.

**DEFCON**

The name of this class is a play on words in two ways. DEFINED CONDITIONING is our fitness goal and we are borrowing the name from the US Armed Forces Defense readiness condition system, which increases state of alert in severity from DEFCON 5 (least severe) to DEFCON 1 (most severe). Students will be pushed to discover and create this state of RED ALERT within themselves during class by continuously pushing their limits, shocking their bodies and choosing to be active and engaged in mind and body to counter the attack in the last block of class (DEFCON 1) and feel accomplished, successful, and proud of their effort in the end.

**stepFUSION**

a class that takes us back to the days of STEP AEROBICS. Learn an easy combination - follow it with a medicine ball cardio portion. Do three blocks of this and you have your complete cardio workout- Finish with abdominals. It's back to the STEP classic cardio classes. All levels welcome.

**strengthPLUS**

Strength plus just enough cardio to get the metabolism humming. This class uses timed intervals so that participants can work out at their own pace. Each session will combine compound exercises, core drills and sports drills to challenge every fitness level by focusing on increasing strength, endurance, balance and agility, thus creating the ability to progress from a very basic exercise (a squat) to a complex exercise (burpee). This class is exceptional for those who are new to exercise, recovering from an injury or those who just need a good cross training class.

**Studio Cycling**

A cardiovascular class done on a cutting edge stationary bike. Classes can differ in style in that profiles can include hills, flat roads, springs and endurance set to dynamic music. Some instructors will use Heart rate Monitors and RPMs to make the rides more efficient. Please arrive early if you are new to cycling in order for our instructors to set you up properly. All levels welcome.

**Tabata Fusion**

An hour long class that focuses on interval training. A fusion of cardio and strength exercises that you complete as fast as you can in 20 seconds, then rest 10 seconds. This is done a total of 8 times through. It is a challenging workout but since you are able to do this at your own pace within the 20 seconds interval it is a class that is friendly to all levels.

**TpowerDASH**

, this class focuses on high intensity training with TABATA intervals on and off the treadmill. All levels are welcome for this 45 minutes class. Start with a 10 minute warm up around the indoor track- that includes dynamic stretching and running drills- Split into two groups and experience Tabata training on the treadmill and Tabata functional strength/endurance training off the treadmill- Complete 3 rounds of selected exercises and running profiles to this 20 seconds on and 10 seconds off training system plus a cool down to wrap up a full calorie burning experience.

**TREAD IT**

A 45 minute treadmill class that follows real outdoor training for all level runners. Experience flats, springs, hills and endurance training while being coached on technique and breathing. All levels welcome. You do not need to be a runner to take this class.

**triDECAfect**

This class will introduce 10 exercises intentionally placed in a sequence to maximize body training results, each of these exercises runs a 1 minute interval with no rest in between. Complete the first 10 and rest 1 minute. Work either supine or prone isometric core work for 1 minute to 2 minutes- that's the end of block one- complete the same block three times through and you have your triDECAfect. Not for the very beginner but modifications allow for all demographics, limitations and skills to participate.

**REMIX cardio Dance**

This Cardio Dance Class brings the heat from teh best in Pop, Latin, Club, Hip Hop and DanceHall Music. Easy lead and follow format with built in intervals guarantee a great kcal burn. All while enjoying what's trending in music and current moves!

**Cycle Sculpt**

Begin with HIGH INTENSITY INTERVAL training on the bike set to fun and energetic music, then head to the Main Studio to train off the bike using weights or Thaining will target upper body, legs and core. A full body workout. All levels welcome

**TECH-upper**

targeting all muscle groups that make up the "UPPER" section of the torso with technical set up and cues. This class is a seamless 30 - of slow and low repetition with heavy weights; fast/high repetition or dynamic movement using lighter weights or your own body weight; exploration of anaerobic and aerobic training to maximize results. All participants of all demographics and levels are encouraged to attend as there is strong emphasis on progression.

### flex!

flex! Pair functional load with explosive movement and you get flex! This class features paced strength training with racing cardio drills for a workout that leaves you strong and sweaty. Smart, efficient and FUN! Get ready for a balanced build of muscle and metabolic conditioning.

### Meta Circuit

META circuit is a high intensity class designed for athletes looking to take their fitness to the next level. Using IndoRow water rowers, TRX, Barbells, Slam Balls, and Dumbbells members will test their limits in strength, power, muscle endurance and cardiovascular training. Athletes will be taken through four stations that will couple traditional strength training, metabolic work, and HIIT. Please reserve your spot as this class is only open to 16 participants. You can reserve your spot on the MyLSF app prior to attendance. Class is FREE but a \$5 No Show Fee will be applied for members who reserve a spot and do not show up. Cancellations must happen 3 hours prior to class start time.

### ZUMBA

Join the party! Latin music leads the way in this fun cardio workout through simple choreography.

### DIESEL Body

Rev your engine with Diesel Body! This total body class is all lifting - no cardio - with an emphasis on building lean muscle and increasing overall strength to kick your fitness routine into high gear! Expect a Sets & Reps style class with two blocks of training with three sets of selected exercises within each block. There's a short rest cycle between each set for more efficient muscle recovery. Once block one is completed there is a core/abdominals section which leads into Block two. Your instructor will provide visual demonstrations, verbal cues and if necessary hands on assists to make sure you are working safely and feel supported in your journey to strength!

### Per4mance Cycling

fun and engaging cycling classes brought to life using leader board technology by fitmetrix. See your numbers as the leaderboard tracks real time wattage, RPM and distances while elite cycling instructors guide you through different profiles that can include team challenges, individual work, distance racing, racing and more- No need to reserve your bike, Show up and pick a bike to get started.

### BRICK land

An intense cardiovascular endurance class that is layered between Indoory Cycling and Treadmill training. You meet at the cycling Studio and navigate flats, hills and sprints- you transition to the treadmills to work on terrain profile before heading back to cycling and finishing on the treadmills. A full hour of intense cardio training for the athlete in you.

CLASS DESCRIPTIONS

**BARREvolution**

A Full Body Training system using exercises similar to BARRE work as a means to transform legs and the core. The series can be demanding and challenging but friendly to all demographics. BARRE-evolution is the "dancers workout" without the dance. The sequences evolve from shoulder and arm training with light dumbbells to standing leg positions and isometrics. A complete workout exclusive to LSF.

**Mega Mat**

MEGA Mat translates the best of MEGAformer work to the group fitness studios for a workout that strengthens, lengthens and balances the body. What to expect: High Intensity, low-impact, results-driven, non-stop Pilates Sequencing set to music with exercises and transitions cued at non-stop pace-it's nothing short of MEGA! A variety of tools such as rings, balls, disks, tubing, weights keep the workout dynamic & engaging. All levels welcome as modifications are provided to allow all participants to feel successful.

**FundamentalYOGA**

Yoga made simple! An intro to the series of poses, breathin exercises and yoga principles in the yoga discipline. Ideal for those who are new to yoga, but also a nice refresher for the seasoned yogi.

**Pilates Mat**

This Class focuses on the Classical approach to Pilates-developed by Joseph Pilates. The series remain the same with the emphasis on strengthening the core and lengthening muscles of the extremities while improving balance and coordination.

**POWERflow**

POWERflow yoga is the linking of breath with powerful and flowing movement. This class will challenge you mentally and physically building strength, focus, balance and flexibility. It is suggested that you have at least level 2 yoga experience to attend this class.

**vinyasaFLOW**

Level 2 Vinyasa Class- Creative sequencing introduces intermediate students to new postures and flowing transitions, while working to deepen understanding of yogic principals. This athletic, high energy, breath based yoga class, includes chaturangas, sun salutations, opportunities for inversions and powerful core series. Increase strength, flexibility, balance, and mental clarity, while releasing stress and tension. Ingite your power!

**gentleYOGA**

An easy and soothing approach to yoga. Gentle in nature this yoga series is hatha/vinyasa inspired and takes a slower approach to flows and explores restorative type poses that are easy to the body. An emphasis on connecting the breath to these slower paced flows allows the body to ease into each transition. This practice is friendly to all levels and all demographics

**yogaSCULPT**

A full body contionining class based on VinyasaFLOW yoga postures and sequences, integrating weight sand cardio intervals to amp up the intensity and maximize results! Expect a non-stop, fast paced, high energy, high rep class, that will push you to your edge every time! Show up prepared to work hard, work smart and have fun. This class is physically and mentally demanding, but pairs intention with intensity, and breath to movement, to deliver a mindful and motivating experience that is deeply fulfilling, leaving participants of all levels feeling successful, satisfied and excited to come back for more!

**yoga WINE DOWN**

Join us for FREE Vino & Vinyasa Every Wednesday Night at Lakeshore Sport & Fitness Lincoln Park resuming in June!! Our Kick Off Night is Wednesday, June 1st! Open to Non-Members so feel free to invite guests! Includes one hour long rooftop yoga class taught by Mikhaila Woodall and a complimentary glass of wine after class. Come mix, mingle, breathe, move, network, and "Wine Down" every Wednesday night this summer on our gorgeous rooftop. Make it a date

**Vinyasa Flow +**

Level 3 Vinyasa Class- Creative sequencing introduces advanced students to new postures and flowing transitions, while working to deepen understanding of yogic principals. This athletic, high energy, breath based yoga class, includes chaturangas, sun salutations, opportunities for inversions and powerful core series. Increase strength, flexibility, balance, and mental clarity, while releasing stress and tension. Ingite your power!

**restorativeYOGA**

A yin yoga class that is slow, gentle and relaxing. Focus on breath, alignment and calming the mind and body while relaxing into surrender postures. This is a great class for those who are feeling stressed and energetically depleted, achy, stiff and sore, or for athletes needing compassionate recovery

**Hatha YOGA**

The umbrella term for all schools of yoga. It is from this discipline that all yogas come from. Classic poses/postures combined with deep breathing to build strength and flexibility. Classes are open to all levels, different teachers will share different styles of yoga.

**yoga STRENGTH**

A series of athletic vinyasa flows that is open to all levels. Instructor can add use of light weights outside of these flows to develop strength. Full body training yoga style.

**Crystal Bowly Healing Yoga Meditation**

Join Mark Kater for this special meditation/yoga class that is now offered weekly The Crystal Bowl's tone will be used to aid in your relaxation and encourage a deep meditative state. Your experience begins by making yourself comfortable lying on a mat. Mark will begin by taking you on a brief body awareness journey. This will help you settle in. Once comfortable, Mark will play the Crystal Bowl for 20 minutes. The bowl's sound vibrations will connect with your deep sense of self, creating a meditative experience. You will remain quiet for another 20 minutes. You are then guided out of your meditative state.

**Senior Yoga**

We know yoga is an important, beneficial and invigorating mind body practice for people of all ages and abilities and this class is specifically intended for Active Agers-although any and all are welcome to enjoy this gentle flow! Discover an approach to yoga designed for seniors, focusing on flows and poses to help with strength and flexibility, and instructed with compassionate understanding, personalized attention and a healthy dose of positive energy. Support healthy joints and bones, balance, focus, and clarity of mind! Empower yourself to become part of the Senior Yoga community at LSF.

**Pilates Mat +**

This Class focuses on the Classical approach to Pilates-developed by Joseph Pilates. Pilates Mat + is for more advanced students. The series remain the same with the emphasis on strengthening the core and lengthening muscles of the extremities while improving balance and coordination.

**yoga 4 seniors**

a yoga approach for seniors that will focus on flows and poses to help with strength and flexibility. All levels welcome

**Barre Body**

This full body conditioning class brings new intensity to classic barre studio exercises. Set to music for a non-stop, fun and energetic workout from warm-up to cool-down expect to work every muscle group in the body, adding in cardio bursts throughout. Finish the class on the mat with high rep sculpting sets for the lower body and core. Please reserve your spot as this class is only open to 20 participants. You can reserve your spot on the MyLSF app prior to attendance. Class is FREE but a \$5 No Show Fee will be applied for members who reserve a spot and do not show up. Cancellations must happen 3 hours prior to class start time.

**vinyasaBASICS**

Level 1 Vinyasa Class- Set sequence introduces new students to foundationl postures, simple flows, and yogic principals. An athletic , high energy practice suitable for bginners or those looking for a refresher. This class goes over safe alignment in each posture, and offers modifications to make the practice accessible for all bodies. Fundamental yogic concepts such as Vinyasa, Dristhi, and Pranayama are also explained to help you feel prepared for Level 2-3 Vinyasa Classes and Yoga Sculpt. Note: It is not a "Gentle" or "Restorative" class.

**Meditation**

Start your week off with a guided meditation session to release stress, calm your mind and find your CHILL zone. There are many benefits of meditation including reduced stress, anxiety, and memory-loss, enhanced self-awareness, emotional health, focus and mindfulness, improved sleep, self-control and decreased blood pressure. Meditating regularly in a group setting will help you to stick with this healthy habit! Please arrive on time to this class, as a late entry will not be permitted so as to not disturb the group already in practice.