

LSF Illinois Center Thanksgiving GF Schedule 2019

SATURDAY 11/23	MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30
8:00-9:00 BarreBODY MS <i>Asia Mele</i>	6:30-7:15 ATHLETEzone MS <i>Marcelo Ehrhardt</i>	6:15-7:15 VinyasaFLOW YS <i>Jack Ryan</i>	6:30-7:15 Meta Circuit # MeS <i>Tone Mitchell</i>	No Classes Offered Today	11:45-12:15 Tread It TA <i>Ed Dailey</i>	9:00-10:00 Meta Circuit # MeS <i>Asia Mele</i>
9:00-10:00 Meta Circuit # MeS <i>Asia Mele</i>	6:30-7:30 Masters Swim \$ LP <i>Kristan Huenink</i>	6:30-7:15 Cycle Sculpt CS <i>Asia Mele</i>	6:30-7:30 Masters Swim \$ LP <i>Kristan Huenink</i>		12:15-1:00 ATHLETEzone MeS <i>Marcelo Ehrhardt</i>	9:00-10:15 VinyasaFLOW YS <i>Anngela Leone</i>
9:00-10:15 VinyasaFLOW YS <i>Anngela Leone</i>	7:00-7:45 Studio Cycling CS <i>Chad Ehrhardt</i>	7:15-8:00 triDECAfect MS <i>Asia Mele</i>	7:00-7:45 Studio Cycling CS <i>Ed Dailey</i>		12:15-1:00 Pilates Mat YS <i>Zineb Chraibi</i>	10:00-11:00 Studio Cycling CS <i>Asia Mele</i>
10:00-11:00 Studio Cycling CS <i>Asia Mele</i>	7:15-7:45 TECH core MS <i>Marcelo Ehrhardt</i>	11:45-12:15 ABSolution MS <i>Asia Mele</i>	7:15-7:45 TECH core MS <i>TonE Mitchell</i>		12:15-1:00 per4mance Cycling CS <i>Ed Dailey</i>	10:00-11:00 Strength Plus MS <i>Melissa Metro</i>
10:00-11:00 Strength Plus MS <i>Melissa Metro</i>	7:15-8:15 VinyasaBASICS YS <i>Tatiana Morozova</i>	12:15-1:00 per4mance Cycling CS <i>Asia Mele</i>	7:15-8:15 Fundamental Yoga YS <i>Anngela Leone</i>			11:00-12:00 Dance ur Mass Off MS <i>Melissa Metro</i>
10:15-11:00 Pilates Mat YS <i>Tatiana Morozova</i>	11:45-12:15 Tread It TA <i>Ed Dailey</i>	1:00-1:45 DIESEL Body MS <i>Asia Mele</i>	11:45-12:15 Tread It TA <i>Marcelo Ehrhardt</i>			SUNDAY 12/1
11:00-12:00 VinyasaFLOW + YS <i>Tatiana Morozova</i>	12:05-12:50 Meta Circuit # MeS <i>Melissa Metro</i>	5:30-6:00 TECH core MS <i>Rebecca Lee</i>	12:05-12:50 Meta Circuit # MeS <i>Asia Mele</i>			10:30-11:30 Studio Cycling CS <i>Kelly Turk</i>
11:00-12:00 Dance ur Mass Off MS <i>Melissa Metro</i>	12:15-1:00 Fuerza Contact MS <i>Marcelo Ehrhardt</i>	6:00-6:45 Meta Circuit # MeS <i>Rebecca Lee</i>	12:15-1:00 Studio Cycling CS <i>Marcelo Ehrhardt</i>			
SUNDAY 11/24	12:15-1:00 Studio Cycling CS <i>Ed Dailey</i>	6:00-7:00 VinyasaFLOW YS <i>Amanda Brizic</i>	12:15-1:00 flex! MS <i>Melissa Metro</i>			
9:00-9:45 Cardio Step MS <i>Mari Cervantes</i>	12:15-1:00 Pilates Mat YS <i>Asia Mele</i>	7:00-8:00 Restorative Yoga YS <i>Amanda Brizic</i>				
9:45-10:30 DIESEL Body MS <i>Mari Cervantes</i>	1:00-1:45 BarreBODY MS <i>Asia Mele</i>					
10:30-11:15 Pilates Mat YS <i>Tatiana Morozova</i>	5:30-6:00 DIESEL Upper MS <i>Marcelo Ehrhardt</i>					
10:30-11:30 Studio Cycling CS <i>Kelly Turk</i>	5:45-6:30 Pilates Mat YS <i>Tatiana Morozova</i>					
	6:00-6:30 DIESEL Lower MS <i>Marcelo Ehrhardt</i>					
	6:30-7:15 Rev Cycling CS <i>Kristina Jackson</i>					
	6:30-7:15 Zumba MS <i>Natalia Montalvo</i>					
	6:30-7:30 Hatha Yoga YS <i>Bridget Skaggs</i>					

Class Descriptions on back of Symbol Key, Options on back of schedule
 For more information contact Group Fitness Director, **Marcelo Ehrhardt**
marceloe@lakeshoresf.com or www.lakeshoresf.com or visit www.lakeshoresf.com

- Sign up in advance
 Download our app MyLSF! **New Class** our app MyLSF!

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

Studio Key:
 TA - Treadmill Area
 LPS - Lap Pool Studio
 YS - Yoga Studio
 MeS - Meta Studio

Symbol Key:
 TA+ - Treadmill class
 LPS - Lap Pool class
 # - Sign up in advance
New Class