

## LSF Illinois Winter 2020 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:00 <b>Bootcamp Circuit</b> MS <i>Marcelo Ehrhardt</i>	6:30-7:15 <b>Cycle Sculpt</b> CS <i>Asia Mele</i>	6:30-7:15 <b>Meta Circuit #</b> MeS <i>TonE Mitchell</i>	6:30-7:00 <b>IntervalMeltdown</b> MS <i>Carla Coelho</i>	6:30-7:15 <b>Meta Circuit #</b> MeS <i>Bri Perl</i>	9:00-10:00 <b>Meta Circuit #</b> MeS <i>Asia Mele</i>	9:00-10:15 <b>VinyasaFLOW</b> YS <i>Alissa Raisis</i>
6:30-7:30 <b>Masters Swim \$</b> LP <i>Kristan Huenink</i>	6:45-7:45 <b>VinyasaFLOW</b> YS <i>Jack Ryan</i>	6:30-7:30 <b>Masters Swim \$</b> LP <i>Katie Michela</i>	6:30-7:30 <b>Masters Swim \$</b> LP <i>Kelly McNichols</i>	6:30-7:30 <b>Masters Swim \$</b> LP <i>Julie Feingold</i>	9:00-10:15 <b>VinyasaFLOW</b> YS <i>Anngela Leone</i>	10:30-11:15 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>
7:00-7:30 <b>Dirty Thirties</b> MS <i>Marcelo Ehrhardt</i>	7:15-8:00 <b>triDECAfect</b> MS <i>Asia Mele</i>	7:00-7:45 <b>Studio Cycling</b> CS <i>Luis Davila</i>	6:45-7:45 <b>VinyasaFLOW+</b> YS <i>Jack Ryan</i>	7:15-8:15 <b>Hatha Yoga</b> YS <i>Tatiana Morozova</i>	10:00-11:00 <b>per4mance Cycling</b> CS <i>Asia Mele</i>	10:30-11:30 <b>per4mance Cycling</b> CS <i>Kelly Turk</i>
7:00-7:45 <b>per4mance Cycling</b> CS <i>Chad Ehrhardt</i>	9:15-10:15 <b>Yoga Sculpt</b> MS <i>Julian Hester</i>	7:15-7:45 <b>TABATAbootcamp</b> MS <i>Katie Simmons</i>	7:00-7:30 <b>TABATAfusion</b> MS <i>Carla Coelho</i>	11:30-12:00 <b>Bootcamp Circuit</b> MS <i>Brendan Butkus</i>	10:00-11:00 <b>Strength Plus</b> MS <i>Melissa Metro</i>	10:30-11:30 <b>WERQ dance</b> MS <i>Tracey Green</i>
7:15-8:15 <b>VinyasaBASICS</b> YS <i>Tatiana Morozova</i>	10:00-10:45 <b>Tread It</b> TA <i>Katie Nash</i>	7:15-8:15 <b>VinyasaFLOW</b> YS <i>Anngela Leone</i>	9:15-10:15 <b>per4mance Cycling</b> CS <i>Luis Davila</i>	12:05-12:50 <b>Meta Circuit #</b> MeS <i>Brendan Butkus</i>	10:15-11:00 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>	11:30-12:30 <b>TABATAfusion</b> MS <i>Tracey Green</i>
9:15-10:15 <b>Bootcamp Circuit</b> MS <i>Raju Armster</i>	11:30-12:00 <b>ABSolution</b> MS <i>Asia Mele</i>	7:45-8:15 <b>H.I.I.T circuit</b> MS <i>Katie Simmons</i>	11:30-12:00 <b>Dirty Thirties</b> MS <i>Marcelo Ehrhardt</i>	12:00-12:45 <b>Pilates Mat</b> YS <i>Zineb Chraibi</i>	11:00-12:00 <b>VinyasaFLOW +</b> YS <i>Tatiana Morozova</i>	
9:45-10:45 <b>VinyasaFLOW</b> YS <i>Tatiana Morozova</i>	12:00-1:00 <b>Fundamental Yoga</b> YS <i>Bridget Skaggs</i>	10:00-10:45 <b>Meta Circuit #</b> MeS <i>Nick Strutzel</i>	12:00-12:30 <b>Contact Express</b> MS <i>Marcelo Ehrhardt</i>	12:15-1:00 <b>per4mance Cycling</b> CS <i>Ed Dailey</i>	11:00-12:00 <b>Dance ur Mass Off</b> MS <i>Melissa Metro</i>	
11:45-12:15 <b>Tread It</b> TA <i>Ed Dailey</i>	12:00-12:45 <b>per4mance Cycling</b> CS <i>Asia Mele</i>	10:00-11:00 <b>VinayasFLOW</b> YS <i>Jess Tullbure</i>	12:00-12:45 <b>per4mance Cycling</b> CS <i>Kelly Turk</i>	12:45-1:45 <b>VinyasaFLOW</b> YS <i>Jack Ryan</i>		
12:20-1:05 <b>Meta Circuit #</b> MeS <i>Melissa Metro</i>	12:00-12:45 <b>Yoga Sculpt</b> MS <i>Julian Hester</i>	12:05-12:50 <b>Meta Circuit #</b> MeS <i>Asia Mele</i>	12:15-1:15 <b>Fundamental Yoga</b> YS <i>Bridget Skaggs</i>	5:30-6:15 <b>Dance ur Mass Off</b> MS <i>Melissa Metro</i>		
12:15-1:00 <b>Studio Cycling</b> CS <i>Ed Dailey</i>	12:45-1:15 <b>DIESEL express</b> MS <i>Asia Mele</i>	12:15-1:15 <b>VinyasaFLOW+</b> YS <i>Amanda Brizic</i>	12:30-1:00 <b>DIESEL express</b> MS <i>Marcelo Ehrhardt</i>	6:00-7:00 <b>Candlelight Yoga</b> YS <i>Jack Ryan</i>		
12:00-12:45 <b>Pilates Mat</b> YS <i>Asia Mele</i>	1:15-1:45 <b>duoDECAfect</b> MS <i>Asia Mele</i>	12:15-1:00 <b>per4mance Cycling</b> CS <i>Marcelo Ehrhardt</i>	1:00-1:30 <b>ABSolution</b> MS <i>Marcelo Ehrhardt</i>	6:15-7:00 <b>DIESEL Body</b> MS <i>Melissa Metro</i>		
12:45-1:15 <b>BarreBODY</b> MS <i>Asia Mele</i>	5:15-6:00 <b>Pilates Fusion</b> YS <i>Tracey Green</i>	12:00-12:30 <b>flex!</b> MS <i>Melissa Metro</i>	5:15-5:45 <b>ABSolution</b> MS <i>Brendan Butkus</i>			
12:45-1:45 <b>VinyasaFLOW</b> YS <i>Jess Tullbure</i>	5:30-6:00 <b>TECH core</b> MS <i>Rebecca Lee</i>	12:30-1:00 <b>Bootcamp Circuit</b> MS <i>Melissa Metro</i>	5:30-6:30 <b>Fundamental Yoga</b> YS <i>Anita March</i>			
1:15-1:45 <b>Butt &amp; Leg Circuit</b> MS <i>Asia Mele</i>	6:00-6:45 <b>Meta Circuit #</b> MeS <i>Rebecca Lee</i>	4:30-5:15 <b>Meta Circuit #</b> MS <i>Nick Strutzel</i>	5:46-6:30- <b>DJ Rev Cycling</b> CS <i>Kristina Jackson</i>			
5:30-6:00 <b>DIESEL Upper</b> MS <i>Marcelo Ehrhardt</i>	6:00-6:45 <b>Zumba</b> MS <i>James Casher</i>	5:30-6:00 <b>DIESEL Upper</b> MS <i>Marcelo Ehrhardt</i>	5:45-6:30 <b>Meta Circuit #</b> MeS <i>Brendan Butkus</i>			
5:45-6:30 <b>Pilates Mat</b> YS <i>Tatiana Morozova</i>	6:00-7:00 <b>VinyasaFLOW</b> YS <i>Amanda Brizic</i>	5:30-6:30 <b>VinyasaFLOW</b> YS <i>Blanca Arellano</i>				
5:46-6:30- <b>Rev Cycling</b> CS <i>Kristina Jackson</i>	6:15-7:00 <b>per4mance Cycling</b> CS <i>Tracey Green</i>	5:45-6:30 <b>per4mance Cycling</b> CS <i>Ed Dailey</i>				
6:00-6:30 <b>DIESEL Lower</b> MS <i>Marcelo Ehrhardt</i>	7:00-8:00 <b>Restorative Yoga</b> YS <i>Amanda Brizic</i>	6:00-6:30 <b>Dirty Thirties</b> MS <i>Marcelo Ehrhardt</i>				
6:30-7:30 <b>Hatha Yoga</b> YS <i>Bridget Skaggs</i>						

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)

**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**

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