

LSF Illinois Winter 2020 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:00 Bootcamp Circuit MS Marcelo Ehrhardt	6:30-7:15 Cycle Sculpt CS Asia Mele	6:30-7:15 Meta Circuit # MeS TonE Mitchell	6:30-7:00 IntervalMeltdown MS Carla Coelho	6:30-7:15 Meta Circuit # MeS Bri Perl	9:00-10:00 Meta Circuit # MeS TBD	9:00-10:15 VinyasaFLOW YS Alissa Raisis
6:30-7:30 Masters Swim \$ LP Alex Fraser	6:45-7:45 VinyasaFLOW YS Jack Ryan	6:30-7:30 Masters Swim \$ LP Katie Michelau	6:30-7:30 Masters Swim \$ LP Kelly McNichols	6:30-7:30 Masters Swim \$ LP Julie Feingold	9:00-10:15 VinyasaFLOW YS Anngela Leone	10:30-11:15 Pilates Mat YS Tatiana Morozova
7:00-7:30 Dirty Thirties MS Marcelo Ehrhardt	7:15-7:45 duoDECAfect MS Asia Mele	6:30-7:00 Diesel Upper MS Katie Simmons	6:45-7:45 VinyasaFLOW+ YS Jack Ryan	7:15-8:15 Hatha Yoga YS Tatiana Morozova	10:00-11:00 Strength Plus MS Melissa Metro	10:30-11:30 per4mance Cycling CS Kelly Turk
7:00-7:45 per4mance Cycling CS Chad Ehrhardt	9:15-10:15 Yoga Sculpt MS Julian Hester	7:00-7:30 TABATA bootcamp MS Katie Simmons	7:00-7:30 TABATAfusion MS Carla Coelho	11:30-12:00 Bootcamp Circuit MS Brendan Butkus	10:15-11:00 Pilates Mat YS Tatiana Morozova	10:30-11:30 WERQ dance MS Tracey Green
7:15-8:15 VinyasaBASICS YS Tatiana Morozova	11:30-12:00 ABSolution MS Asia Mele	7:00-7:45 Studio Cycling CS Luis Davila	9:15-10:15 per4mance Cycling CS Luis Davila	12:05-12:50 Meta Circuit # MeS Brendan Butkus	11:00-12:00 VinyasaFLOW + YS Tatiana Morozova	11:30-12:30 TABATAfusion MS Tracey Green
9:15-10:15 Bootcamp Circuit MS Raju Armster	12:00-1:00 Fundamental Yoga YS Bridget Skaggs	7:15-8:15 VinyasaFLOW YS Anngela Leone	11:30-12:00 Dirty Thirties MS Marcelo Ehrhardt	12:00-12:45 Pilates Mat YS Zineb Chraibi	11:00-12:00 Dance ur Mass Off MS Melissa Metro	
9:45-10:45 VinyasaFLOW YS Tatiana Morozova	12:00-12:45 per4mance Cycling CS Asia Mele	10:00-10:45 Meta Circuit # MeS Nick Strutzel	12:00-12:30 Contact Express MS Marcelo Ehrhardt	12:15-1:00 per4mance Cycling CS Ed Dailey		
11:45-12:15 Tread It TA Ed Dailey	12:00-12:45 Yoga Sculpt MS Julian Hester	10:00-11:00 VinayasFLOW YS Jess Tullbure	12:00-12:45 per4mance Cycling CS Kelly Turk	12:45-1:45 VinyasaFLOW YS Jack Ryan		
12:20-1:05 Meta Circuit # MeS Melissa Metro	12:45-1:15 DIESEL express MS Asia Mele	12:00-12:30 flex! MS Melissa Metro	12:15-1:15 Fundamental Yoga YS Bridget Skaggs	5:30-6:15 Dance ur Mass Off MS Melissa Metro		
12:15-1:00 Studio Cycling CS Ed Dailey	1:15-1:45 duoDECAfect MS Asia Mele	12:00-12:45 Tread It (starts 2/19) TA Matt Jennings	12:30-1:00 DIESEL express MS Marcelo Ehrhardt	6:00-7:00 Candlelight Yoga YS Jack Ryan		
12:00-12:45 Pilates Fusion YS Mikhaila Woodall	5:15-6:00 Pilates Fusion YS Tracey Green	12:05-12:50 Meta Circuit # MeS Rebecca Lee	1:00-1:30 ABSolution MS Marcelo Ehrhardt	6:15-7:00 DIESEL Body MS Melissa Metro		
12:45-1:15 BarreBODY MS Mikhail Woodall	5:30-6:00 TECH core MS Rebecca Lee	12:15-1:15 VinyasaFLOW+ YS Amanda Brizic	5:00-5:30 ABSolution MS Brendan Butkus			
12:45-1:45 VinyasaFLOW YS Jess Tullbure	6:00-6:45 Meta Circuit # MeS Rebecca Lee	12:15-1:00 per4mance Cycling CS Marcelo Ehrhardt	5:30-6:00 TABATAfusion MS Carla Coelho			
1:15-1:45 Ballerina Boot Camp MS Mikhaila Woodall	6:00-6:45 Zumba MS James Casher	12:30-1:00 Bootcamp Circuit MS Melissa Metro	5:30-6:30 Fundamental Yoga YS Anita March			
5:30-6:00 DIESEL Upper MS Marcelo Ehrhardt	6:00-7:00 VinyasaFLOW YS Amanda Brizic	4:30-5:15 Meta Circuit # MS Nick Strutzel	5:46-6:30- DJ Rev Cycling CS Kristina Jackson			
5:45-6:30 Pilates Mat YS Tatiana Morozova	6:15-7:00 per4mance Cycling CS Tracey Green	5:30-6:00 DIESEL Upper MS Marcelo Ehrhardt	5:30-6:15 Meta Circuit # MeS Brendan Butkus			
5:46-6:30- Rev Cycling CS Kristina Jackson	7:00-8:00 Restorative Yoga YS Amanda Brizic	5:30-6:30 VinyasaFLOW YS Blanca Arellano	6:00-6:30 IntervalMeltdown MS Carla Coelho			
6:00-6:30 DIESEL Lower MS Marcelo Ehrhardt		5:45-6:30 per4mance Cycling CS Ed Dailey				
6:30-7:30 Hatha Yoga YS Bridget Skaggs		6:00-6:30 Dirty Thirties MS Marcelo Ehrhardt				

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

Download our app MyLSF!