

LSF Illinois Winter 2020 Group Fitness Schedule

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

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!