# LSF IC GF SEPTEMBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 6:30-7:30 **Masters Swim**<br>LP Alex Fraser | 7:00-8:00 **Vinyasa Yoga**<br>YS Manny Garcia | 6:30-7:30 **Masters Swim**<br>LP Katie Michelau | 6:30-7:30 **Masters Swim**<br>LP Caitlin Polz | 6:30-7:30 **Masters Swim**<br>LP Julie Lockwood | 9:00-10:00 **Meta Circuit**<br>B5 *Melissa Metro* | 10:30-11:30 **Diesel Body**<br>MS Carla Coelho |
| 7:15-8:15 Cycling<br>CS *Luis Davila* | 7:15-8:15 **Outdoor Cycling**<br>RTN Kelly Turk | 7:15-8:15 **BIIT-Barre Intesity Interval Training**<br>MS *Jessica Rodgers* | 7:00-8:00 **Outdoor Yoga**<br>RTN Manny Garcia | 7:00-8:00 **Outdoor Yoga**<br>RTN *Tatiana Morozova* | 9:00-10:00 **Vinyasa Yoga**<br>YS *Tatiana Morozova* | 10:30-11:30 **Outdoor Cycling**<br>RTN Kelly Turk |
| 9:00-10:00 **Vinyasa Yoga**<br>YS *Tatiana Morozova* | 12:00-1:00 **Diesel Body**<br>MS Jaime Vargas | 10:00-11:00 **AMRAP Hour**<br>MS Nick Strutzel | 7:15-8:15 **Cycling**<br>CS Kelly Turk | 7:30-8:30 Cycling<br>CS *Luis Davila* | 10:00-11:00 Outdoor **Strength Plus**<br>RTN *Melissa Metro* | 11:30-12:15 **Pilates Mat**<br>YS Carla Coelho |
| 12:00-1:00 **Bootcamp**<br>MS Jaime Vargas | 5:45-6:45 **Cycling**<br>CS Kelly Turk | 12:00-1:00 **Meta Circuit**<br>B5 Melissa Metro | 12:00-1:00 **Diesel Body**<br>MS Rebecca Lee | 10:00-11:00 **AMRAP Hour**<br>MS Nick Strutzel | 10:15-11:00 **Pilates Mat**<br>YS *Tatiana Morozova* | 11:45-12:45 **Zumba**<br>MS Jessica Exposito |
| 12:45-1:30 **Zoom Programming**<br>Zoom F Mikhaila Woodall (Check MyLSF App for Programming details) | 6:00-7:00pm **Zumba**<br>MS Jessica Exposito | 12:00-1:00 Cycling<br>CS *Luis Davila* | 1:30-2:30 **Zoom Programming**<br>Zoom Mikhaila Woodall (Check MyLSF App for Programming details) | 12:30-1:30 **Yoga Sculpt**<br>MS *Tatiana Morozova* | 11:15-12:15 **Dance Fitness**<br>MS *Melissa Metro* | |
| 5:15-6:15 **Diesel Body**<br>MS *Marcelo Ehrhardt* | | 5:30-6:30 **Strength Plus**<br>MS *Melissa Metro* | 5:30-6:30 **Diesel Body**<br>MS *Marcelo Ehrhardt* | 5:30-6:30 **StrengthPlus**<br>MS *Melissa Metro* | | |
| 5:15-6:15 **Pilates Mat**<br>YS *Tatiana Morozova* | | | 5:45-6:45 **Outdoor Cycling**<br>RTN Kelly Turk | | | |

Sign up for classes are on MyLSF app
For more information contact Group Fitness Director, **Marcelo Ehrhardt**
marceloe@lakeshoresf.com or visit www.LakeshoreSF.com

If it is above 90 degrees, class will be moved inside
If it is raining, class will be moved to an indoor space
There is a 15 dollar no show fee for all classes
Classes need to have 3 participants in order to run

**Space Legend:**
RTN - Rooftop North
RTS - Rooftop South
B5 - B5 studio

LP - Lap Pool

**Symbol Key:**
+ - Advanced class
$ - Fee based class
# - Sign up in advance
**New Class**