LSF IC GF October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 **Masters Swim** LP Alex Fraser	7:00-8:00 **Vinyasa Yoga** YS Manny Garcia	6:30-7:30 **Masters Swim** LP Caitlin Polz	6:30-7:30 **Masters Swim** LP John Hartley	6:30-7:30 **Masters Swim** LP Julie Lockwood	9:00-10:00 **Meta Circuit** B5 *Melissa Metro*	10:30-11:30 **Diesel Body** MS Carla Coelho
7:00-7:45 **Cycling** CS Kelly Turk	12:15-1:00pm **Pilates Mat** MS Jessica Rodgers	7:00-7:745 **Cycling** CS Kelly Turk	7:00-8:00 **Vinyasa Yoga** YS Manny Garcia	7:00-7:45 Cycle Sculpt CS Luis Davila	9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	10:30-11:30 **Cycling** CS Kelly Turk
9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	5:30-6:15pm **Interval Meltdown** MS Jessica Rodgers	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	12:15-1:00 **Diesel Body** MS Nick Strutzel	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	9:00-9:55 **TreadX $$** TA Sadie Ortiz	11:30-12:15 **Pilates Mat** YS Carla Coelho
12:15-1:00 Barre Intensity MS Jessica Rodgers	5:45-6:45 **Cycling** CS Kelly Turk	12:15- 1pm **Vinyasa Yoga** YS Brenna O'day	5:30-6:15 **Interval Meltdown** MS Marcelo Ehrhardt	11:00-11:30 **Stretch & Mobility $$** FA Nick Strutzel	9:00-9:55 **Stretch & Mobility $$** FA Sadie Ortiz	12:00-12:45 **Zumba** MS Jessica Exposito
5:15-6:15 **Pilates Mat** YS Tatiana Morozova	6:00- 7:00pm **Vinyasa Yoga** YS Kelsey Schlabaugh	5:30-6:15 **Cycle Sculpt** CS Kelly Turk	6:00-6:55 **TreadX $$** TA Nick Strutzel		10:00-11:00 **Strength Plus** MS Melissa Metro	
5:30-6:15 **Fuerza Contact** MS Marcelo Ehrhardt		5:30-6:15 **Synergy $$** FA Jessica Rodgers	6:45-7:30 **Women's Empowerment** MS Jessica Rodgers		10:15-11:00 **Pilates Mat** YS Tatiana Morozova	
5:30-6:15 **Synergy $$** FA Sadie Ortiz		5:30-6:15 **Sculpt Fusion** MS James Casher				
6:45-7:30 **Women's Empowerment** MS Jessica Rodgers						
					$$ TeamX = Small Group Personal Training	

Sign up for classes requaried and are on MyLSF app
All Classes must have 3 participants signed up for class 90 min prior to the start of class in order to run, any classes before 8am must have 3 participants signed up for class by 8pm the day prior to start of class

For more information contact Group Fitness Director, **Marcelo Ehrhardt**
marceloe@lakeshoresf.com or visit www.LakeshoreSF.com

Space Legend:
RTN - Rooftop North
RTS - Rooftop South
TA- Treadmill Area
B5 - B5 studio
FL- Functional Floor
LP - Lap Pool

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