

LSF IC GF January 2025 (Begins 1/6)

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 John Hartley	6:30-7:30 Masters Swim LP Caitlin Polz	6:30-7:30 Masters Swim LP Julie Lockwood	9:00-10:00 Meta Circuit Meta <i>Melissa Metro</i>	10:30-11:30 Diesel Body MS Carla Coelho	
7:00-7:45 Cycling CS Kelly Turk	10:00-11:00 Mobilize \$\$ Meta Jessica Rodgers	7:00-7:45 Cycling CS Kelly Turk	7:00-8:00 Vinyasa Yoga YS Tatiana Morozova	7:00-8:00 Vinyasa Yoga YS Tatiana Morozova	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	5:00-5:30pm Abs Sculpt MS Marcelo Ehrhardt	10:00-11:00 AMRAP Hour MS Nick Strutzel	10:00-11:00 Mobilize \$\$ Meta Jessica Rodgers	9:00- 10:00 Vinyasa Yoga YS Jack Berning	9:00-9:55 TreadX \$\$ TA Sadie Ortiz	11:30-12:15 Pilates Mat YS Carla Coelho	
10:00-11:00am Body Conditioning MS Jessica Rodgers	5:45-6:45 Cycling CS Kelly Turk	12:15-1:00 Cycling CS Marcelo Ehrhardt	5:00-5:30 Abs Sculpt MS Marcelo Ehrhardt	10:00-11:00 AMRAP Hour MS Nick Strutzel	9:15-10:00 Cycling CS Kenzie Wheaton		
12:15-1:00 Diesel Body MS Carla Coelho	5:30-6:15pm Body Formula MS Marcelo Ehrhardt	5:30-6:15 Cycle Sculpt CS Kelly Turk	5:30-6:15 Interval Meltdown MS Marcelo Ehrhardt		10:00-11:00 Strength Plus MS Melissa Metro		
5:00-5:30 Abs Sculpt MS Marcelo Ehrhardt	5:30-6:15 LIFT\$\$ FA Bo Neidballa	5:30-6:15 Synergy \$\$ FA Jessica Rodgers	5:30-6:15 LIFT \$\$ FA Tom Wilk		10:15-11:00 Pilates Mat YS Tatiana Morozova		
5:15-6:15 Pilates Mat YS Tatiana Morozova	6:45-7:30 Zumba MS Jessica Exposito	5:30-6:15 BodyConditioning MS Rebecca Lee	6:45-7:30 Ladies of Lakeshore MS Jessica Rodgers				
5:30-6:15 Fuerza Contact MS Marcelo Ehrhardt		6:00-7:00 Vinyasa Yoga YS Jack Berning					
5:30-6:15 Synergy \$\$ FA Sadie Ortiz		6:30-7:00 Mobilize \$\$ Meta Jessica Rodgers					
6:15-7:15 Candlelight Yoga YS Tatiana Morozova							
6:45-7:30 Ladies of Lakeshore MS Jessica Rodgers					\$\$ TeamX = Small Group Personal Training		
<p>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</p>				<p>Space Legend: RTN - Rooftop North RTS - Rooftop South TA- Treadmill Area B5 - B5 studio</p>		<p>FL- Functional Floor LP - Lap Pool</p>	
<p>For more information contact Group Fitness Director, Marcelo Ehrhardt marceloe@lakeshoresf.com or visit www.LakeshoreSF.com</p>						<p>Symbol Key: + - Advanced class \$ - Fee based class # - Sign up in advance New Class</p>	