

## LSF IC GF April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 <b>Masters Swim</b> LP Alex Fraser	7:00-8:00 <b>Vinyasa Yoga</b> YS Manny Garcia	6:30-7:30 <b>Masters Swim</b> LP John Hartley	6:30-7:30 <b>Masters Swim</b> LP Nicole Smith	6:30-7:30 <b>Masters Swim</b> LP Julie Lockwood	9:00-10:00 <b>Meta Circuit</b> Meta <i>Melissa Metro</i>	10:30-11:30 <b>Diesel Body</b> MS Carla Coelho
7:00-7:45 <b>Cycling</b> CS Kelly Turk	5:00-5:30pm <b>Abs Sculpt</b> MS Marcelo Ehrhardt	7:00-7:45 <b>Cycling</b> CS Kelly Turk	7:00-8:00 <b>Vinyasa Yoga</b> YS Tatiana Morozova	7:00-8:00 <b>Vinyasa Yoga</b> <b>YS</b> Tatiana Morozova	9:00-10:00 <b>Vinyasa Yoga</b> YS Tatiana Morozova	10:30-11:30 <b>Cycling</b> CS Kelly Turk
9:00-10:00 <b>Vinyasa Yoga</b> YS Tatiana Morozova	5:45-6:45 <b>Cycling</b> CS Kelly Turk	10:00-11:00 <b>AMRAP Hour</b> MS Nick Strutzen	5:00-5:30 <b>Abs Sculpt</b> MS Marcelo Ehrhardt	9:00- 10:00 <b>Vinyasa Yoga</b> YS Jack Berning	9:15-10:00 <b>Cycling</b> CS Kenzie Wheaton	11:0011:30 Mobilize \$\$ <b>META</b> Bo Neidballa
10:00-11:00am <b>Body Conditioning</b> MS Jessica Rodgers	5:30-6:15pm <b>Body Formula</b> MS Marcelo Ehrhardt	11:45-12:15 <b>Abs Sculpt</b> <b>MS Marcelo Ehrhardt</b>	5:30-6:15 <b>Interval Meltdown</b> MS Marcelo Ehrhardt	10:00-11:00 <b>AMRAP Hour</b> MS Nick Strutzen	10:00-11:00 <b>Strength Plus</b> MS Melissa Metro	11:30-12:15 <b>Pilates Mat</b> YS Carla Coelho
5:00-5:30 <b>Abs Sculpt</b> <b>MS Rebecca Lee</b>	5:30-6:15 <b>LIFT\$\$</b> FA Bo Neidballa	12:15-1:00 <b>Tread Sculpt</b> <b>TA Marcelo Ehrhardt</b>	5:30-6:15 <b>LIFT \$\$</b> FA Tom Wilk		10:15-11:00 <b>Pilates Mat</b> YS Tatiana Morozova	
5:15-6:15 <b>Pilates Mat</b> YS Tatiana Morozova	6:45-7:30 <b>Zumba</b> MS Jessica Exposito	5:30-6:15 <b>Cycle Sculpt</b> CS Kelly Turk	6:45-7:30 <b>Ladies of Lakeshore</b> MS Jessica Rodgers		11:0011:45 <b>Ignite \$\$</b> FA Bo Neidballa	
5:30-6:15 <b>Tabata Fusion</b> <b>MS Rebecca Lee</b>		5:30-6:15 <b>BodyConditioning</b> MS Rebecca Lee				
6:00-6:45 <b>Track Attack \$\$</b> CA Elizabeth Urso		6:00-6:45 <b>Ignite \$\$</b> FA Tom Wilk				
6:15-7:15 <b>Candlelight Yoga</b> YS Tatiana Morozova		6:00-7:00 <b>Vinyasa Yoga</b> YS Jack Berning				
6:45-7:30 <b>Ladies of Lakeshore</b> MS Jessica Rodgers						
					<b>\$\$ TeamX = Small Group Personal Training</b>	
<b>Sign up for classes requaried and are on MyLSF app</b> <b>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</b>						
For more information contact Group Fitness Director, <b>Marcelo Ehrhardt</b> <a href="mailto:marceloe@lakeshoresf.com">marceloe@lakeshoresf.com</a> or visit <a href="http://www.LakeshoreSF.com">www.LakeshoreSF.com</a>					<b>Space Legend:</b> RTN - Rooftop North RTS - Rooftop South TA- Treadmill Area B5 - B5 studio	<b>Symbol Key:</b> + - Advanced class \$ - Fee based class # - Sign up in advance <b>New Class</b>