

LSF IC GF July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 Masters Swim LP Alex Fraser	7:00-8:00 Outdoor Vinyasa Yoga RF Manny Garcia	6:30-7:30 Masters Swim LP John Hartley	6:30-7:30 Masters Swim LP Nicole Smith	6:30-7:30 Masters Swim LP Julie Lockwood	9:00-10:00 Meta Circuit Meta Melissa Metro	9:30-10:15 Diesel Body MS Carla Coelho
7:00-7:45 Cycling CS Cat Walsh	8:30-9:15 Aqua Cardio\$\$ LP Cedric Thomas	7:00-7:45 Cycling CS Cat Walsh	7:00-8:00 Outdoor Vinyasa Yoga YS Tatiana Morozova	7:00-8:00 Outdoor Vinyasa Yoga RF Tatiana Morozova	9:00-10:00 Vinyasa Yoga YS Tatiana Morozova	10:15-11:00 Cycling CS Carla Coelho
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	5:00-5:30 Abs Sculpt MS Marcelo Ehrhardt	8:30-9:15 Aqua Cardio\$\$ LP Cedric Thomas	9:15-10:00 Cycling CS Cat Walsh	11:00-11:45 Pilates Mat MS Carla Coelho
10:00-11:00am Body Conditioning MS James Casher	5:30-6:15pm Body Formula MS Marcelo Ehrhardt	5:00-5:30 Skyline Abs Sculpt RF Rebecca Lee	5:30-6:15 Interval Meltdown MS Marcelo Ehrhardt	9:00- 10:00 Vinyasa Yoga YS Jack Berning	10:00-11:00 Strength Plus MS Melissa Metro	
5:00-5:30 Abs Sculpt MS Rebecca Lee	5:30-6:15 LIFT\$\$ FA Bo Neidballa	5:30-6:15 Cycle Sculpt CS James Casher	5:30-6:15 LIFT \$\$ FA Tom Wilk	9:30-10:00 Abs Sculpt MS Cedric Thomas	10:15-11:00 Pilates Mat YS Tatiana Morozova	
5:15-6:15 Pilates Mat YS Tatiana Morozova	5:45-6:30 Cycling CS James Casher	5:30-6:15 Outdoor Summer Shred RF Rebecca Lee	6:00- 7:00 Yoga 4 Flexibility YS Ellie Womack	10:00-11:00 AMRAP Hour MS Nick Strutzel		
5:30-6:15 Tabata Fusion MS Rebecca Lee	6:00- 7:00 Yoga 4 Flexibility YS Ellie Womack	6:00-6:45 Ignite \$\$ FA Tom Wilk				
6:15-7:15 Outdoor Vinyasa Yoga RF Tatiana Morozova	6:45-7:30 Zumba MS Jessica Exposito	6:30-7:30 Vinyasa Yoga YS Jack Berning				
6:30-7:15 Abs & Booty MS Rebecca Lee						
					\$ \$ 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				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
For more information contact Group Fitness Director, Marcelo Ehrhardt marceloe@lakeshoresf.com or visit www.LakeshoreSF.com						