LSF IC GF August 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 **Cycling** CS Carla Coelho
7:00-7:45 **Cycling** CS Cat Walsh	8:30-9:15 **Aqua Cardio$$** LP Cedric Thomas	7:00-7:745 **Cycling** CS Cat Walsh	7:00-8:00 **Outdoor Vinyasa Yoga** YS Tatiana Morozova	7:00-8:00 **Outdoor Vinyasa Yoga** RF Tatiana Morozova	9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	10:15-11:00 **Diesel Body** MS Carla Coelho
9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	5:00-5:30pm **Abs Sculpt** MS Marcelo Ehrhardt	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	5:00-5:30 **Abs Sculpt** MS Marcelo Ehrhardt	8:30-9:15 **Aqua Cardio$$** 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	6:00-7:00 **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

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