LSF IC GF November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 **Masters Swim** LP Erin Petty	7:00-8:00 **Vinyasa Yoga** YS Manny Garcia	6:30-7:30 **Masters Swim** LP Erin Petty	6:30-7:30 **Masters Swim** LP Nicole Smith	6:30-7:30 **Masters Swim** LP Julie Lockwood	8:30-9:15 **Aqua Fit** LP Cedric Thomas	9:30-10:15 **Cycling** CS Carla Coelho
7:00-7:45 **Cycling** CS Cat Walsh	8:30-9:15 **Aqua Fit** LP Cedric Thomas	7:00-7:745 **Cycling** CS Cat Walsh	7:00-8:00 **Vinyasa Yoga** YS Tatiana Morozova	7:00-8:00 **Vinyasa Yoga** YS Tatiana Morozova	9:00-9:45 **Playground** MS *Melissa Metro*	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	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	9:30- 10:30 **Yoga 4 Flexibility** YS Ellie Womack	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 **Abs Sculpt** **MS** Rebecca Lee	5:30-6:15 **Interval Meltdown** MS Marcelo Ehrhardt		9:45-10:30 **Strength Plus** MS Melissa Metro	
5:00-5:30 **Abs Sculpt** MS Rebecca Lee	5:15- 6:00 **The Mat Method** YS Shayna Rudman	5:30-6:15 **Cycle Sculpt** CS Aislinn Travis	5:30-6:15 **LIFT $$** FA Tom Wilk		10:30-11:15 **Pilates Mat** MS Melissa Metro	
5:15-6:15 **Pilates Mat** YS Tatiana Morozova	6:30-7:15 **Zumba** MS Jessica Exposito	5:30-6:15 **Shred** MS Rebecca Lee	6:00- 7:00 **Yoga 4 Flexibility** YS Ellie Womack			
5:30-6:15 **Tabata Fusion** MS Rebecca Lee		6:15-7:00 **Mobility, Core & Stretch** YS Aislinn Travis				
6:15-7:15 **Vinyasa Yoga** YS Tatiana Morozova		6:15-7:00 **Zumba** MS Amita Sachdev				
6:30-7:15 **Abs & Booty** MS Rebecca Lee						
					$$ 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