

LSF IC GF January (Starts 1.5.26) 2026

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	7:00-7:45 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 <i>Melissa Metro</i>	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	6:45-7:30 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						