

LSF IC GF July 2026 (starts 7/6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 Masters Swim LP Erin Petty	6:30-7:30 Masters Swim LP TBD	6:30-7:30 Masters Swim LP Erin Petty	7:00-8:00 Vinyasa Yoga YS Tatiana Morozova	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
9:00-10:00 Vinyasa Yoga YS Tatiana Morozova	7:00-8:00 Outdoor Vinyasa Yoga RT Manny Garcia	10:00-11:00 AMRAP Hour MS Nick Strutzel	10:45-11:30 Zumba MS Cedric Thomas	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
10:00-10:45 Bosu Balance MS De'Eric Fisher	8:15-9:00 Aqua Fit LP Cedric Thomas	11:00-11:45 Cardio Dance MS Marcellus Burt	5:00-5:30 Abs Sculpt MS Lindsay Dubin	10:00-11:00 AMRAP Hour MS Nick Strutzel	9:30- 10:30 Sunrise Salutations YS Ellie Womack	10:15-11:15 Vinyasa Yoga YS Kathryn Ray
5:15-6:15 Pilates Mat YS Tatiana Morozova	11:00-11:45 Zumba MS Cedric Thomas	5:00-5:30 Abs Sculpt MS Marcelo Ehrhardt	5:30-6:15 TabataFUSION MS Lindsay Dubin		9:45-10:30 Strength Plus MS Melissa Metro	11:00-11:45 Pilates Roller MS Carla Coelho
5:00-5:30 Abs Sculpt MS Lindsay Dubin	5:00-5:30pm Abs Sculpt MS Marcelo Ehrhardt	5:30-6:15 Cycle Sculpt CS Aislinn Travis	5:30-6:15 TeamX: Lift \$ FA Tom Wilk		10:30-11:15 Pilates Mat MS Melissa Metro	
5:30-6:15 TabataFUSION MS Lindsay Dubin	5:30-6:15pm Tread Sculpt Treadmill Marcelo Ehrhardt	5:30-6:15 Interval Meltdown MS Marcelo Ehrhardt	6:00- 7:0 Outdoor Yoga4 Flexibility YS Ellie Womack			
6:15-7:15 Vinyasa Yoga YS Tatiana Morozova	6:00- 7:00 Yoga 4 Flexibility YS Ellie Womack	6:15-7:00 Mobility, Core & Stretch YS Aislinn Travis	6:15-7:00 Cardio Dance MS Marcellus Burt			
		6:15-7:00 BollyX MS Amita Sachdev				
					\$\$ 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						