



GROUP FITNESS SCHEDULE



UPDATED 10/1/19

EASTLAKE ELKHART

MON	TUES	WED	THURS	FRI	SAT
E-Pump 8:00am <i>TJ</i>	Spin 5:30am <i>Heather</i>	E-Pump 8:00am <i>Haley</i>	Spin 5:30am <i>Heather</i>	E-Pump 8:00am <i>TJ</i>	Spin 8:00am <i>Haley/Maria</i>
Senior Cardio 9:00am <i>TJ</i>	Spin 8:00am <i>Maria</i>	Senior Cardio 9:00am <i>Haley</i>	Spin 8:00am <i>Maria</i>	Senior Cardio 9:00am <i>TJ</i>	Hip Hop 10:00am <i>Jessica</i>
Sports Cond. 9:30am <i>Susie</i>	SilverSneakers 9:30am <i>Kathy</i>	Sports Cond. 9:30am <i>Susie</i>	SilverSneakers 9:30am <i>Kathy</i>	Sports Cond. 9:30am <i>Susie</i>	
Sports Core 10:30am <i>Susie</i>	Strength/End. 4:30pm <i>Susie</i>	Sports Core 10:30am <i>Susie</i>	Strength/End. 4:30pm <i>Susie</i>	Sports Core 10:30am <i>Susie</i>	
Interval Class 12:00pm <i>Kathy</i>	Spin 5:45pm <i>Audrey</i>	Interval Class 12:00pm <i>Kathy</i>	Hip Hop 6:40pm <i>Jessica</i>	Interval Class 12:00pm <i>Kathy</i>	
Fusion 5:30pm <i>Jessica</i>	Hip Hop 6:30pm <i>Voncile</i>	Fusion 5:30pm <i>Shannon</i>			
Cardio Boxing 6:35pm <i>Jessica</i>		Zumba 6:40pm <i>Michelle</i>			

Eastlake Elkhart

3400 Henke Rd
Elkhart, IN 46514
574-264-0611

Club Hours

Mon - Thurs | 5am - 9pm
Friday | 5am - 8pm
Saturday | 7am - 3pm
Sunday | 12pm - 4pm

Childcare Hours

Mon - Thurs | 9am - 1pm
4:30pm - 8:30pm
Friday | 9am - 1pm
Saturday | 9am - 12pm

EASTLAKE 24 NORTHPOINTE

MON	TUES	WED	THURS	FRI	SAT
Senior Fitness 8:00am <i>Shelly</i>	Cardio Drums 6:00pm <i>TBD \$\$</i>		Cardio Drums 6:00pm <i>TBD \$\$</i>	Senior Fitness 8:00am <i>Shelly</i>	Cardio Drums 9:00am <i>TBD \$\$</i>
Cardio Fusion 6:00pm <i>TBD \$\$</i>					

Eastlake 24 NorthPointe

3130 Northview Dr
Elkhart, IN 46514
574-266-8791

Staffed Hours

Mon - Thurs | 10am - 6pm
Friday | 10am - 4pm



To register for classes, visit our online schedule at www.EastlakeClubs.com.



EASTLAKE ARES

MON	TUES	WED	THURS	FRI	SAT
BodyPump 9:00am <i>Lori</i>	BodyPump 5:30am <i>Katrina</i>	Spin 5:30am <i>Terry</i>	BodyPump 5:30am <i>Katrina</i>	Spin 5:15am <i>Terry</i>	BodyPump 8:15am <i>Alissa</i>
SilverSneakers 10:00am <i>Chrissy</i>	Zumba 9:30am <i>Kandice</i>	BodyPump 9:00am <i>Lori</i>	Zumba 9:30am <i>Kandice</i>	Tabata/HIIT 8:30am <i>Kandice</i>	Zumba 9:30am <i>DeMarco</i>
BodyPump 5:30pm <i>Sarah</i>	Spin 5:30pm <i>Melinda</i>	SilverSneakers 10:00am <i>Jean</i>	HIIT/Cardio 5:30pm <i>Kandice</i>	BodyPump 9:30am <i>Sarah</i>	
Bootcamp 5:30pm <i>Katrina</i>	Zumba 6:30pm <i>DeMarco</i>	BodyPump 5:30pm <i>Alissa</i>	Zumba 6:30pm <i>DeMarco</i>	SilverSneakers 10:00am <i>Kandice</i>	
Zumba 6:30pm <i>Kandice</i>		StepFit 6:30pm <i>Kandice</i>		Karate 6:00pm <i>TBD</i>	
Karate 7:00pm <i>TBD</i>		Karate 7:00pm <i>TBD</i>			

EASTLAKE 24 NAPPANEE

MON	TUES	WED	THURS	FRI	SAT
HIIT/Cardio 9:00am <i>Kayleigh</i>	E-Pump 9:00am <i>Naomi</i>	HIIT/Cardio 9:00am <i>Shelly</i>	E-Pump 9:00am <i>Naomi</i>	Spin 9:00am <i>Alison</i>	HIIT 9:00am <i>Shelly</i>
HIIT 5:30pm <i>Shelly</i>	SilverSneakers 10:15am <i>Naomi</i>	Hip Hop 5:00pm <i>Jennifer</i>	SilverSneakers 10:15am <i>Naomi</i>		Hip Hop 10:00am <i>Jennifer</i>
	Toning 5:30pm <i>Jennifer</i>		Toning 5:30pm <i>Jennifer</i>		
	Hip Hop 6:30pm <i>Jennifer</i>		Hip Hop 6:30pm <i>Jennifer</i>		

EASTLAKE 24 SR 23

MON	TUES	WED	THURS	FRI	SAT
Spin 5:15am <i>Audrey</i>	Stations 5:15am <i>Danielle</i>	Spin 5:15am <i>Kim</i>	Bootcamp 5:15am <i>Danielle</i>	Plyoga 8:30am <i>Vickie</i>	Spin 7:00am <i>Janet</i>
Zumba 5:00pm <i>Nicci/Olga</i>	Triple Fit 8:30am <i>Vickie</i>	Lean & Strong 8:30am <i>Vickie</i>	Shred 3-3-1 8:30am <i>Kim</i>	Pilates 9:30am <i>Vickie</i>	Bootcamp 8:15am <i>Audrey</i>
Rip Express 6:15pm <i>Nicci</i>	Senior Fitness 9:30am <i>Kim</i>	Pilates 9:30am <i>Vickie</i>	Spin 6:15pm <i>Nicole/Nicci</i>		Zumba 9:15am <i>Olga</i>
	Spin 6:00pm <i>Nicole</i>	Strength 5:15pm <i>TJ</i>			
		Zumba 6:30pm <i>Olga</i>			

Eastlake Ares

201 Chicago Ave
Goshen, IN 46526
574-533-9333

Club Hours

Mon - Wed | 4am-11pm
Thurs - Fri | 4am - 10pm
Saturday | 6am - 7pm
Sunday | 10am - 4pm

Childcare Hours

Mon - Fri | 8am - 12pm
4pm - 8pm
Saturday | 8am - 12pm

Eastlake 24 Nappanee

1530 E Market St
Nappanee, IN 46550
574-773-2643

Staffed Hours

Mon - Fri | 10am - 6pm
Saturday | 8am - 12pm

Childcare Hours

Mon - Fri | 9am - 11:30am
5pm - 7:30pm
Saturday | 9am - 11am

Eastlake 24 SR 23

13160 State Road 23
Granger, IN 46530
574-272-2222

Staffed Hours

Mon - Thurs | 8am - 7pm
Friday | 8am - 2pm
Saturday | 8am - 12pm

Childcare Hours

Mon - Thurs | 8:15am - 11am
4:30pm - 7:30pm
Saturday | 8am - 11am