

GROUP FITNESS SCHEDULE



EASTLAKE ELKHART

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

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 - 8pm
Friday | 9am - 1pm
Saturday | 9am - 12pm

EASTLAKE 24 NORTHPOINTE

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

Eastlake 24 NorthPointe

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

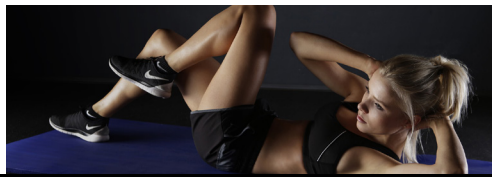
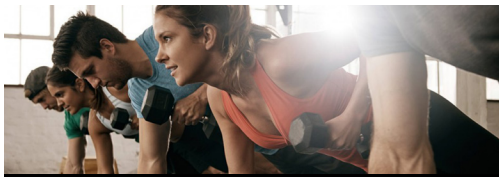
Staffed Hours

Mon - Thurs | 11am - 7pm
Friday | 11am - 6pm



To register for classes, download the MindBody App from iTunes or Google Play or visit our online schedule at www.EastlakeClubs.com.





GROUP FITNESS SCHEDULE

(CONTINUED)



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 9:15am <i>Chrissy</i>	Zumba 9:30am <i>Kandice</i>	BodyPump 9:00am <i>Lori</i>	Zumba 9:30am <i>Kandice</i>	Tabeta/HIIT 8:30am <i>Kandice</i>	Zumba 9:30am <i>DeMarco</i>
BodyPump 5:30pm <i>Sarah</i>	Cardio Fusion 5:30pm <i>Melinda</i>	SilverSneakers 9:15am <i>Jean</i>	Spin 5:30pm <i>Melinda</i>	BodyPump 9:30am <i>Sarah</i>	
Bootcamp 5:30pm <i>Naomi</i>	Zumba 6:30pm <i>DeMarco</i>	BodyPump 5:30pm <i>Alissa</i>	Bootcamp 5:30pm <i>Naomi</i>	SilverSneakers 10:00am <i>Julie</i>	
Zumba 6:30pm <i>Kandice</i>		Zumba 6:30pm <i>Kandice</i>	Zumba 6:30pm <i>DeMarco</i>	Karate 7:00pm <i>John</i>	
Karate 7:00pm <i>John</i>		Karate 7:00pm <i>John</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 | 10pm - 4pm

Childcare Hours

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

EASTLAKE 24 NAPPANEE

MON	TUES	WED	THURS	FRI	SAT
Spin 9:00am <i>Alison</i>	Yoga 5:30am <i>TBD</i>	Spin 9:00am <i>Alison</i>	Yoga 5:30am <i>TBD</i>		Zumba 9:00am <i>Char</i>
Zumba 6:00pm <i>Char</i>	E-Pump 9:00am <i>Naomi</i>	Hip Hop 5:00pm <i>Jennifer</i>	E-Pump 9:00am <i>Naomi</i>		Hip Hop 10:00am <i>Jennifer</i>
	SilverSneakers 10:15am <i>Naomi</i>		SilverSneakers 10:15am <i>Naomi</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 Nappanee

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

Staffed Hours

Mon & Wed | 12pm-6:30pm
Tues & Thurs | 8am - 4pm
Friday | 12pm - 3pm
Saturday | 8am - 11am

Childcare Hours

Mon - Thurs | 9am - 11:30am
4:30pm - 7pm
Saturday | 8:30am - 11am



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