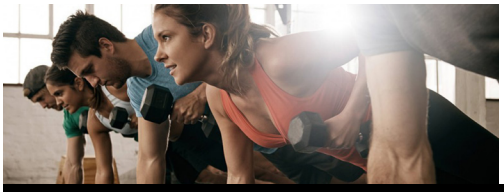
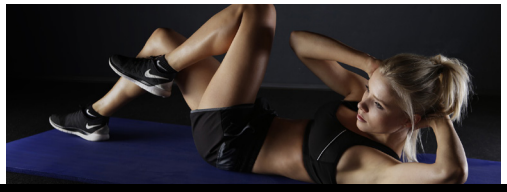
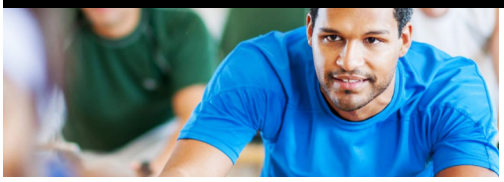
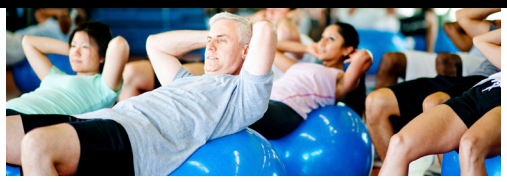
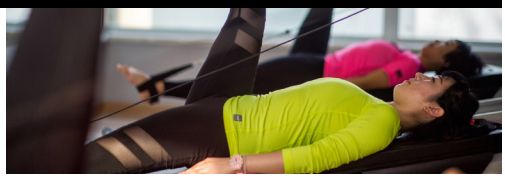



GROUP FITNESS SCHEDULE

EASTLAKE ELKHART

MON	TUES	WED	THURS	FRI	SAT
E-Pump 8:00am *TJ*	**Spin** 5:30am *Heather*	**E-Pump** 8:00am *TJ*	**Spin** 5:30am *Heather*	**E-Pump** 8:00am *TJ*	**Spin** 8:00am *Haley/Maria*
Senior Cardio 9:00am *TJ*	**Abs** 6:20am *Haley*	**Senior Cardio** 9:00am *TJ*	**Abs** 6:20am *Haley*	**Senior Cardio** 9:00am *TJ*	**C-Fit** 9:00am *Chris $$*
Sports Cond. 9:30am Susie	**Spin** 8:00am *Maria*	**Sports Cond.** 9:30am *Susie*	**Spin** 8:00am *Maria*	**Sports Cond.** 9:30am *Susie*	**Hip Hop** 10:00am *Jessica*
Sports Core 10:30am *Susie*	**SilverSneakers** 9:00am *Kathy*	**Sports Core** 10:30am *Susie*	**SilverSneakers** 9:00am *Kathy*	**Sports Core** 10:30am *Susie*	
Interval Class 12:00pm *Kathy*	**SilverSneakers** 10:00am *Kathy*	**Interval Class** 12:00pm *Kathy*	**SilverSneakers** 10:00am *Kathy*		
Fusion 5:30pm *Jessica*	**Strength/End.** 4:30pm *Susie*	**Fusion** 5:30pm *Jessica*	**Strength/End.** 4:30pm *Susie*		
Cardio Boxing 6:35pm *Jessica*	**Spin** 5:45pm *Chris*	**Zumba** 6:40am *Michelle*	**Spin** 5:45pm *Chris*		
	Hip Hop 6:30pm *Voncile*		**Hip Hop** 6:40pm *Jessica*		

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*	
Senior Fitness 8:00am *Shelly*					

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

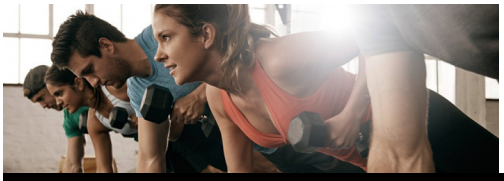
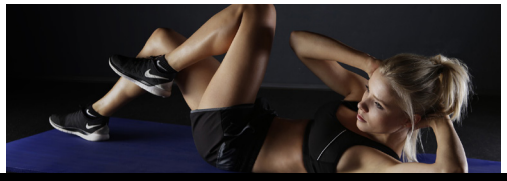
Eastlake 24 NorthPointe

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

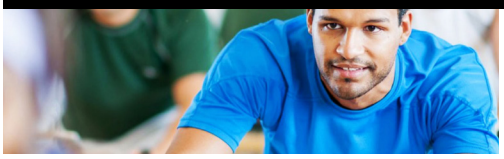
Staffed Hours

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

EASTLAKE ATHLETIC CLUBS

GROUP FITNESS SCHEDULE
(CONTINUED)



EASTLAKE ARES

MON	TUES	WED	THURS	FRI	SAT
BodyPump 9:00am *Lori*	**BodyPump** 5:30am *Katrina*	**Spin** 5:30am *Terry*	**BodyPump** 5:30am *Katrina*	**Spin** 5:30am *Terry*	**BodyPump** 8:30am *TBD*
SilverSneakers 9:15am *Chrissy*	**Zumba** 9:30am *Kandice*	**BodyPump** 9:00am *Lori*	**Zumba** 9:30am *Kandice*	**SilverSneakers** 10:15am *Julie*	**Zumba** 9:30am *DeMarco*
BodyPump 5:30pm *Sarah*	**Cardio Fusion** 5:30pm *Melinda*	**SilverSneakers** 9:10am *TBD*	**Spin** 5:30pm *Melinda*	**Karate** 6:00pm *John*	
Zumba 6:30pm Kandice	**Zumba** 6:30pm *DeMarco*	**BodyPump** 5:30pm *Alissa*		**BodyPump** 9:30am *Sarah*	
Karate 7:00pm *John*		**Zumba** 6:30pm *Kandice*			
		Karate 7:00pm *John*			

EASTLAKE 24 NAPPANEE

MON	TUES	WED	THURS	FRI	SAT
Spin 9:00am *Alison*	**E-Pump** 9:00am *Naomi*	**Hip Hop** 5:00pm *Jennifer*	**E-Pump** 5:30am *Alison*	**Strong Zumba** 9:00am *TBD*	**Zumba** 9:00am *Char*
Zumba 6:00pm *Char*	**SilverSneakers** 10:15am *Naomi*	**Zumba** 6:00pm *Char*	**E-Pump** 9:00am *Naomi*		**Hip Hop** 10:00am *Jennifer*
	Hip Hop 6:30pm *Jennifer*	**Strong Zumba** 7:00pm *TBD*	**SilverSneakers** 10:15am *Naomi*		
			Hip Hop 6:30pm *Jennifer*		

As an Eastlake Athletic Club member, you have free access to all group fitness classes except Cardio Drumming ($15 for four weeks) and C-Fit ($5/class). All classes are between 30 and 45 minutes. Register for classes in person at any location or via our easy-to-use online group fitness schedule at www.EastlakeClubs.com. For more information, please call 574-264-0611. Thank you!

EASTLAKE ATHLETIC CLUBS

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

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