

GROUP FITNESS SCHEDULE



UPDATED 10/5/18

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>TJ</i>	Spin 5:30am <i>Heather</i>	E-Pump 8:00am <i>Haley</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>TJ</i>	Spin 8:00am <i>Maria</i>	Senior Cardio 9:00am <i>Haley</i>	C-Fit 9:00am <i>Chris \$\$</i>
Sports Cond. 9:30am <i>Susie</i>	SilverSneakers 9:30am <i>Kathy</i>	Sports Cond. 9:30am <i>Susie</i>	SilverSneakers 9:00am <i>Kathy</i>	Sports Cond. 9:30am <i>Susie</i>	Hip Hop 10:00am <i>Jessica</i>
Sports Core 10:30am <i>Susie</i>	Strength/End. 4:30pm <i>Susie</i>	Sports Core 10:30am <i>Susie</i>	SilverSneakers 10:00am <i>Kathy</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>	Strength/End. 4:30pm <i>Susie</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>Jessica</i>	Spinning 5:45pm <i>Chris</i>		
Cardio Boxing 6:35pm <i>Jessica</i>		Zumba 6:40pm <i>Michelle</i>	Hip Hop 6:40pm <i>Jessica</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 - 8pm
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

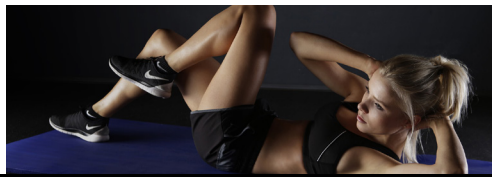
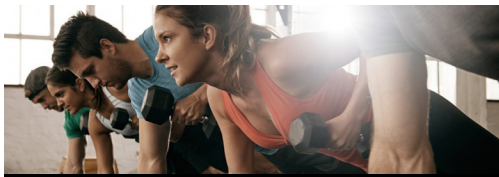
Staffed Hours

Mon - Thurs | 10am - 6pm
Friday | 8am - 4pm



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>Katrina</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 9:30am <i>Sarah</i>	Zumba 9:30am <i>Kandice</i>	Tabata/HIIT 8:30am <i>Kandice</i>	Zumba 9:30am <i>DeMarco</i>
BodyPump 5:30pm <i>Katrina</i>	Spin 5:30pm <i>Melinda</i>	SilverSneakers 9:15am <i>Jean</i>	HIIT/Cardio 5:30pm <i>Kandice</i>	BodyPump 9:30am <i>Sarah</i>	
Bootcamp 5:30pm <i>Sarah</i>	Zumba 6:30pm <i>DeMarco</i>	BodyPump 5:30pm <i>Alissa</i>	Zumba 6:30pm <i>DeMarco</i>	SilverSneakers 10:00am <i>Julie</i>	
Zumba 6:30pm <i>Kandice</i>		Zumba 6:30pm <i>Kandice</i>		Karate 6:00pm <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
HIIT/Cardio 9:00am <i>Kayleigh</i>	E-Pump 9:00am <i>Naomi</i>	Spin 9:00am <i>Kayleigh</i>	E-Pump 9:00am <i>Naomi</i>	Piloxing 9:00am <i>Halle</i>	Zumba 9:00am <i>Char</i>
Zumba 6:00pm <i>Char</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>
Yoga 7:00pm <i>Josephine</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 - Fri | 10am - 6pm
Saturday | 8am - 11am

Childcare Hours

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



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

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