

# Group Fitness Schedule

Indicators for classes at all locations: \$\$ additional charge. All Classes are between 30 to 45 mins

MON	TUES	WED	THURS	FRI	SAT
E-Pump 8:00am <i>Ann</i>	Spin *5:30am <i>Haley</i>	E-Pump 8:00am <i>Ann</i>	Spin *5:30am <i>Haley</i>	E-Pump 8:00am <i>Ann</i>	Spin *8:00am <i>Haley/Maria</i>
Senior Cardio *9:00am <i>Ann</i>	Abs **6:20am <i>Haley</i>	Senior Cardio *9:00am <i>Ann</i>	Abs **6:20am <i>Haley</i>	Senior Cardio *9:00am <i>Ann</i>	C-Fit \$\$ 9:00am <i>Chris</i>
Sports Cond. 9:30am <i>Susie</i>	Spin *8:00am <i>Maria</i>	Sports Cond. 9:30am <i>Susie</i>	Spin *8:00am <i>Maria</i>	Sports Cond. 9:30am <i>Susie</i>	Hip Hop 10:00am <i>Jessica</i>
SilverSneakers 10:00am <i>Ann</i>	SilverSneakers *9:00am <i>Kathy</i>	SilverSneakers 10:00am <i>Ann</i>	SilverSneakers *9:00am <i>Kathy</i>	SilverSneakers 10:00am <i>Ann</i>	
Sports Core 10:30am <i>Susie</i>	Str. Endo 4:30pm <i>Susie</i>	Sports Core 10:30am <i>Susie</i>	Str. Endo 4:30pm <i>Susie</i>	Sports Core 10:30am <i>Susie</i>	
Interval Class 12pm Noon <i>Kathy</i>	Spin *5:45pm <i>Chris</i>	Interval Class 12pm Noon <i>Kathy</i>	Spin *5:45pm <i>Chris</i>		
Fusion 5:30pm <i>Jessica</i>	Zumba 6:40 <i>Michelle</i>	Fusion 5:30pm <i>Melinda</i>	Hip Hop 6:40pm <i>Jessica</i>		
Cardio Boxing 6:35pm <i>Jessica</i>					

## Eastlake – Elkhart

3400 Henke Rd  
Elkhart, IN 46514  
P: (574)264-0611

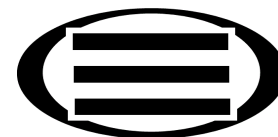
[www.EastlakeClubs.com](http://www.EastlakeClubs.com)

### Facility Hours:

Monday – Thursday:  
5am – 9pm  
Friday: 5am – 8pm  
Saturday: 7am – 3pm  
Sunday: 12pm – 4pm

### Childcare Hours:

Monday – Thursday:  
9am – 1pm  
4:30pm-8pm  
Friday: 8am – 1pm  
Saturday: 9am – 12pm



## Eastlake – Goshen

1400 Fairfield Ave.  
Goshen, IN 46526  
P: 574-533-2498

### Facility Hours:

Monday – Thursday:  
9am – 9pm  
Friday: 5am – 8pm  
Saturday: 7am – 3pm  
Sunday: 12pm – 4pm

### Childcare Hours:

Monday – Thursday:  
4:00 - 7:00 PM

MON	TUES	WED	THURS	FRI	SAT
Spin *5:30am <i>Ann</i>	E-Pump *5:30am <i>Naomi</i>	Spin *5:30am <i>Ann</i>	E-Pump *5:30am <i>Naomi</i>	Spin *5:30am <i>Ann</i>	Spin *7:00am <i>Ann</i>
Abs **6:20am <i>Ann</i>	<i>Silver Sneaker</i> 9:15am <i>Niomi</i>	Abs **6:20am <i>Ann</i>	<i>Spin</i> *5:30pm	Abs **6:20am <i>Ann</i>	Core 8:00am <i>Ann</i>
SeniorCardio 9:15am <i>Chrissy</i>	<i>E-Pump</i> 5:30pm	SilverSneakers 9:15am <i>Niomi</i>		SilverSneakers 9:45am <i>Julie</i>	
Zumba *5:30pm		Zumba 5:30pm		Zumba 5:30pm	

MON	TUES	WED	THURS	FRI	SAT
Senior Fitness 8:00am Shelly		Cardio Drumming 6am & 9am\$\$		Senior Fitness 8:00am Shelly	<b>SUNDAY FIT CAMP 4PM</b>
Cardio Drumming 6am & 9am\$\$	Cardio Drumming 6:30pm \$\$		Cardio Drumming 6:30pm \$\$		

### Eastlake 24 Northpointe

3130 Northview Drive  
Elkhart, IN 46514  
P: 574-266-8791

**Staffed Hours:**

Monday – Thursday:  
11:00am – 7:00pm  
Friday: 11:00am – 6:00pm

\$15 for 4 weeks of UNLIMITED drumming including Meal Replacement Shake and an overall Wellness profile. Must contact Heart City Nutrition to enroll.

574-596-8597 [CoachKramer247@yahoo.com](mailto:CoachKramer247@yahoo.com)

**TRX: Members: \$5 Non-Member: \$10 Packages Available**

MON	TUES	WED	THURS	FRI	SAT
X-Factor \$\$ 6:30pm Eric					E-Conditioning 8:00am Eric

### Eastlake 24 Granger

1202 East University Drive  
Granger, IN 46530  
P: 574-243-1823

**Staffed Hours:**

Monday – Thursday: 11am- 7pm  
Friday: 11am – 4pm

MON	TUES	WED	THURS	FRI	SAT
Spin 5:30-6:30am Alison	E-Pump 5:30-6:15am Alison/Sonya	Spin 5:30-6:30am Sonya	E-Pump 5:30-6:15am Alison/Sonya	Toning 9:00- 10:00am Char	
E-Pump 4:45-5:45pm Michelle	E-Pump 9:00-10:00am Ann	Pound 4:45-5:15pm Char	E-Pump 9:00-10:00am Ann		Sat. Mix-up*** 8:00-9:00am
Spin 5:45-6:15pm Michelle	Silver Sneakers 10:15-11:15am Ann	Zumba 5:15-6:15pm Char	Silver Sneakers 10:15-11:15am Ann		Sat. Mix-up*** 9:00-10:00am
Zumba 6:15-7:15pm Char	Hip Hop 6:30-7:30pm Jennifer	Hip Hop 6:30-7:30pm Jennifer	E-Pump 4:45-5:45pm Michelle		*** Call club for Details! ***
			Spin 5:45-6:30pm Dustin		
			Hip Hop 6:30-7:30pm Jennifer		

### Eastlake 24 Nappanee

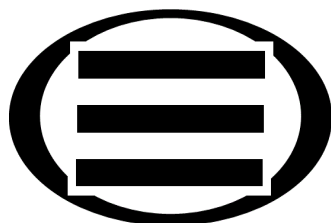
158 E. Market Street  
Nappanee, IN 46550  
P:(574)773-2643

**Staffed Hours:**

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

**Childcare Hours:**

Monday – Thursday:  
9am- 11:30am  
4:30pm-7:30pm  
Saturday: 8:30am-11am



*Eastlake Athletic Club*