

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 6:40pm Michelle	Spin 5:45pm Chris		
	Hip Hop 6:30pm Voncile		Hip Hop 6:40pm Jessica		

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

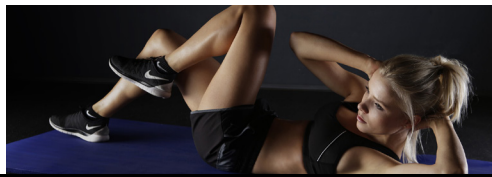
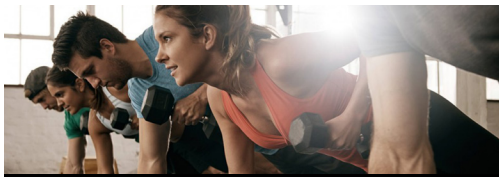
MON	TUES	WED	THURS	FRI	SAT
Senior Fitness 8:00am Shelly	Cardio Drums 6:00pm TBD \$\$		Cardio Drums 6:00pm TBD \$\$	Senior Fitness 8:00am Shelly	
Senior Fitness 8:00am Shelly					

Eastlake 24 NorthPointe

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

Staffed Hours

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



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 5:30am <i>Terry</i>	BodyPump 8:30am <i>TBD</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>	SilverSneakers 10:15am <i>Julie</i>	Zumba 9:30am <i>DeMarco</i>
BodyPump 5:30pm <i>Sarah</i>	Cardio Fusion 5:30pm <i>Melinda</i>	SilverSneakers 9:10am <i>TBD</i>	Spin 5:30pm <i>Melinda</i>	Karate 6:00pm <i>John</i>	
Zumba 6:30pm <i>Kandice</i>	Zumba 6:30pm <i>DeMarco</i>	BodyPump 5:30pm <i>Alissa</i>		BodyPump 9:30am <i>Sarah</i>	
Karate 7:00pm <i>John</i>		Zumba 6:30pm <i>Kandice</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>	E-Pump 9:00am <i>Naomi</i>	Hip Hop 5:00pm <i>Jennifer</i>	E-Pump 5:30am <i>Alison</i>	Strong Zumba 9:00am <i>TBD</i>	Zumba 9:00am <i>Char</i>
Zumba 6:00pm <i>Char</i>	SilverSneakers 10:15am <i>Naomi</i>	Zumba 6:00pm <i>Char</i>	E-Pump 9:00am <i>Naomi</i>		Hip Hop 10:00am <i>Jennifer</i>
	Hip Hop 6:30pm <i>Jennifer</i>	Strong Zumba 7:00pm <i>TBD</i>	SilverSneakers 10:15am <i>Naomi</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

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!

