



# GROUP FITNESS SCHEDULE



UPDATED 3/29/19

## EASTLAKE ELKHART

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

## EASTLAKE 24 NORTHPOINTE

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

### Eastlake 24 NorthPointe

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

#### Staffed Hours

Mon - Thurs | 10am - 6pm  
Friday | 10am - 5pm



To register for classes, visit our online schedule at [www.EastlakeClubs.com](http://www.EastlakeClubs.com).



# 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>	Tabata/HIIT 8:30am <i>Kandice</i>	Zumba 9:30am <i>DeMarco</i>
BodyPump 5:30pm <i>Sarah</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>Katrina</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>TBD</i>	
Karate 7:00pm <i>TBD</i>		Karate 7:00pm <i>TBD</i>			

# 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>		Hip Hop 10:00am <i>Jennifer</i>
	SilverSneakers 10:15am <i>Naomi</i>	Hip Hop 5:00pm <i>Jennifer</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 SR 23

MON	TUES	WED	THURS	FRI	SAT
Spin 5:15am <i>Audrey</i>	Stations 5:15am <i>Danielle</i>	Spin 5:15am <i>Danielle</i>	Rip Strength 5:15am <i>Danielle</i>	Plyoga 8:30am <i>Vickie</i>	Spin 7:00am <i>Janet</i>
Rip Strength 8:30am <i>Steph</i>	Triple Fit 8:30am <i>Vickie</i>	Lean & Strong 8:30am <i>Vickie</i>	Shred 3-3-1 8:30am <i>Kim</i>	Pilates 9:30am <i>Vickie</i>	Bootcamp 8:15am <i>Katie</i>
Yoga 9:35am <i>Steph</i>	Senior Fitness 9:30am <i>Kim</i>	Pilates 9:30am <i>Vickie</i>	H.I.I.T 5:15pm <i>Danielle</i>		Zumba 9:15am <i>Olga</i>
Zumba 5:15pm <i>Nicci/Olga</i>	Spin 5:15pm <i>Kim</i>	Rip Strength 5:15pm <i>Danielle</i>	Spin 6:15pm <i>Audrey</i>		
Rip Express 6:15pm <i>Nicci</i>	H.I.I.T 6:15pm <i>Kim</i>	Zumba 6:30pm <i>Olga</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

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

## Eastlake 24 SR 23

13160 State Road 23  
Granger, IN 46530  
574-272-2222

### Staffed Hours

Mon - Thurs | 8am - 8pm  
Friday | 8am - 4pm  
Saturday | 8am - 2pm

### Childcare Hours

Mon - Thurs | 8:15am - 11am  
4:30pm - 7:30pm  
Saturday | 8am - 11am