

Group Fitness Schedule

Indicators for classes at all locations: \$\$ additional charge *45 minute class **30 minute class

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>		
Piloxing/HipHop 7:00 <i>Jessica</i>	C-Fit \$\$ 7:30pm <i>Chris</i>				

Eastlake – Elkhart

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

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



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

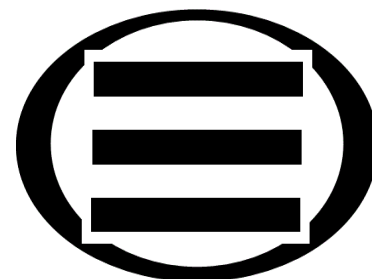
MON	TUES	WED	THURS	FRI	SAT
Spin *5:30am <i>Ann</i>	E-Pump *5:30am <i>Naomi</i>	Spin *5:30am <i>Ann</i>	E-Pump *5:30am <i>Naomi</i>	Spin *5:30am <i>Ann</i>	Spin *7:00am <i>Ann</i>
Abs **6:20am <i>Ann</i>	Ploxing *5:30pm <i>Kristen</i>	Abs **6:20am <i>Ann</i>	Ploxing *5:30pm <i>Kristen</i>	Abs **6:20am <i>Ann</i>	Core 8:00am <i>Ann</i>
SeniorCardio 9:45am <i>Chrissy</i>	Jiu Jitsu <u>Kids:</u> 5:45pm* <u>Adult:</u> 6:30pm	SilverSneakers 9:45am <i>Julie</i>	Jiu Jitsu <u>Kids:</u> 5:45pm* <u>Adult:</u> 6:30pm	SilverSneakers 9:45am <i>Julie</i>	Jiu Jitsu <u>Adult:</u> 10:00am
E-Pump 5:30pm <i>Natasha</i>		E-Pump 5:30pm <i>Natasha</i>		Zumba 6:30pm	
Jiu Jitsu <u>Adult:</u> 6:30pm		Zumba 5:30pm <i>Margarita</i>			

MON	TUES	WED	THURS	FRI	SAT
TRX \$\$ 5-5:45am Chris	TRX \$\$ 5:00-6:00am Chris	TRX \$\$ 5-5:45am Chris	TRX \$\$ 5:00-6:00am Chris	TRX \$\$ 5:00-5:45am Chris	TRX \$\$ 8:30-10:00am Chris
TRX \$\$ 6am – 7am Chris	TRX \$\$ 9am-10am Chris	TRX \$\$ 6am-7am Chris	TRX \$\$ 9am-10am Chris	TRX \$\$ 6:00-7:00am Chris	TRX \$\$ 10:00-11:00am Fundamentals Chris
Senior Fitness 8:00am Shelly	TRX \$\$ 4:15-5:15pm Chris	Cardio Drumming 6am & 9am\$\$	TRX \$\$ 4:15-5:15pm Chris	Senior Fitness 8:00am Shelly	
Cardio Drumming 6am & 9am\$\$	Cardio Drumming 6:30pm \$\$	TRX \$\$ 4:15-5:15pm Chris	Cardio Drumming 6:30pm \$\$	TRX \$\$ 5:15-6:15pm Chris	
TRX \$\$ 4:15-5:15pm Chris		TRX \$\$ 5:15-6:15pm Chris			SUNDAY FIT CAMP 4PM
TRX \$\$ 5:15-6:15pm Chris		TRX \$\$ 6:15-7:15pm Chris			
TRX \$\$ 6:15-7:15pm Chris					

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

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

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

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

