



## 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>		
	C-Fit \$\$ 7:30pm <i>Chris</i>				

### Eastlake – Elkhart

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

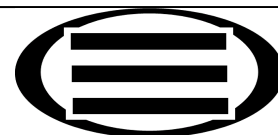
[www.EastlakeClubs.com](http://www.EastlakeClubs.com)

#### 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



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/Naomi</i>
Abs **6:20am <i>Ann</i>	<i>Silver Sneaker</i> 9:15am <i>Niomi</i>	Abs **6:20am <i>Ann</i>	<i>E-pump</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>	
Spin 5:30pm		Spin 5:30pm		Zumba 5:30pm	
Zumba 5:30pm <i>Margarita</i>		Zumba 5:30pm			

### 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
TRX \$\$ 5-5:45am Chris	TRX \$\$ 9am-10am Chris	TRX \$\$ 5-5:45am Chris	TRX \$\$ 9am-10am Chris	TRX \$\$ 5:00-5:45am Chris	TRX \$\$ 8:30-10:00am Chris
TRX \$\$ 6am – 7am Chris	Pound \$\$ 6:30pm \$\$	TRX \$\$ 6am-7am Chris	Pound \$\$ 6:30pm \$\$	TRX \$\$ 6:00-7:00am Chris	TRX \$\$ 10:00-11:00am Chris
Senior Fitness 8:00am Shelly		Cardio Drumming 6am & 9am\$\$		Senior Fitness 8:00am Shelly	
Cardio Drumming 6am & 9am\$\$		TRX \$\$ 4:15-5:15pm Chris		TRX \$\$ 5:15-6:15pm Chris	
TRX \$\$ 4:15-5:15pm Chris		TRX \$\$ 5:15-6:15pm Chris			
TRX \$\$ 5:15-6:15pm Chris		TRX \$\$ 6:15-7:15pm Chris			
TRX \$\$ 6:15-7:15pm Chris					

For Pound and Cardio Drumming please call:  
**574-596-8597 [CoachKramer247@yahoo.com](mailto:CoachKramer247@yahoo.com)**  
**TRX: Members:\$10. Packages Available**

MON	TUES	WED	THURS	FRI	SAT
<i>Upper Body Sculp 6pm</i>	<i>Core &amp; Cardio 6pm</i>	<i>Lower Body Sculp 6pm</i>			<i>Boot Camp 9pm</i>

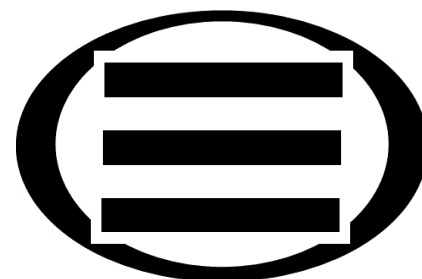
MON	TUES	WED	THURS	FRI	SAT
Spin 5:30-6:30am Alison	E-Pump 5:30-6:15am Alison/Sonya	Spin 5:30-6:30am Sonya	E-Pump 5:30-6:15am Alison/Sonya	Toning 9:00- 10:00am Char	Pump 8am – 9am Zumba
Spin 5:15pm Ann	E-Pump 9:00-10:00am Ann	Pound 4:45-5:15pm Char	E-Pump 9:00-10:00am Ann		Hip Hop 10am
Zumba 6:15-7:15pm Char	Silver Sneakers 10:15-11:15am Ann	Zumba 5:15-6:15pm Char	Silver Sneakers 10:15-11:15am Ann		
	E-Pump 5:15pm Jennifer	Hip Hop 6:30-7:30pm Jennifer	E-Pump 5:15pm Michelle		
	Hip Hop 6:30-7:30pm Jennifer		Hip Hop 6:30pm Jennifer		

## 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



## Eastlake Granger

1202 E University Dr  
Elkhart, IN 46514  
(574)243-1823

### Staffed Hours:

Monday-Thursday:  
12pm -7pm

## Eastlake Nappanee

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

### Staffed Hours:

Monday – Friday:

10am – 6pm

### Childcare Hours:

Monday – Thursday:

9am- 11:30am

4:30pm-7:30pm

Friday:

4:30pm – 7:30pm

Saturday: 8:30am-11am