



EASTLAKE ATHLETIC CLUBS

Group Fitness Schedule

Eastlake Athletic Club-Elkhart

3400 Henke Road
Elkhart, IN 46561
P: 574.264.0611
www.EastlakeClubs.com


Facility Hours:

Monday-Thursday:
5:00am-9:00pm
Friday: 5:00am-8:00pm
Saturday: 7:00am-3:00pm
Sunday: 12:00pm-4:00pm

Childcare Hours:

Monday-Thursday:
8:00am-1:00pm; 4:30-8pm
Friday: 8:00am-1:00pm
Saturday: 9:00am-12:00pm

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

EASTLAKE ELKHART					
MON	TUES	WED	THURS	FRI	SAT
E-Pump 8:00am Ann	Spin *5:30am Haley	E-Pump 8:00am Ann	Spin *5:30am Haley	E-Pump 8:00am Ann	Spin *8:00am AmyD/Maria
Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	BodyCamp \$\$ 9:00am Amy D
SilverSneakers 10:00am Ann	Spin *8:00am Maria	SilverSneakers 10:00am Ann	Spin *8:00am Maria	SilverSneakers 10:00am Ann	Hip Hop 10:00am Voncile
	SeniorCardio *9:00am Lori		SeniorCardio *9:00am Lori		
E-Pump 5:45pm Jen	Spin *5:45pm Chris	E-Pump 5:45pm Amy D.	Spin *5:45pm Chris		
	E-Punch \$\$ 6:30pm Chris		E-Punch \$\$ 6:30 pm Chris		
			Hip Hop 6:30pm Amy		

Eastlake-Goshen

1400 Fairfield Ave.
Goshen, IN 46526
P: 574.533.2498


Facility Hours:

Monday-Thursday:
5:00am-9:00pm
Friday: 5:00am-8:00pm
Saturday: 7:00am-3:00pm
Sunday: 12:00pm-4:00pm

Childcare Hours:

Monday-Thursday
4:00-7:00 pm

EASTLAKE GOSHEN

MON	TUES	WED	THURS	FRI	SAT
Spin *5:30am Ann	E-Pump *5:30am Naomi	Spin *5:30am Ann	E-Pump *5:30am Naomi	Spin *5:30am Ann	Spin *7:00am Ann
Abs **6:20am Ann		Abs **6:20am Ann		Abs **6:20am Ann	E-Pump 8:00am Ann/Jenn
SeniorCardio 9:45am Chrissy	SilverSneakers 9:45am Caroline	SilverSneakers 9:45am Julie	SilverSneakers 9:45am Caroline	SilverSneakers 9:45am Julie	Jiu Jitsu Adult 10:00am
E-Pump 5:30pm Jenn	Spin *5:30pm Ann	E-Pump 5:30pm Jenn	Spin *5:30pm Ann	Monthly fees for Jiu Jitsu classes. Club membership not required.	
	Abs **6:20pm Ann		Abs **6:20pm Ann		
Jiu Jitsu Adult: 6:30pm	Jiu Jitsu Kids: 5:45pm* Adult: 6:30pm		Jiu Jitsu Kids: 5:45pm* Adult: 6:30pm		

Brazilian Jiu Jitsu

www.gbjj.wordpress.com

Build confidence, self-discipline and self-defense. Improve
balance, strength and mental health with this specific training.

EASTLAKE 24-CR 17

Classes are not included in membership.
Non-members are invited to join.

MON	TUES	WED	THURS	FRI	SAT
		Piloxing 9:30am <i>Katie</i>			
	BodyCamp 6:00pm <i>Amy D</i>	Abs 6:45pm** <i>Jen</i>	BodyCamp 6:00pm <i>Amy D</i>		
Piloxing 7:30pm <i>Katie</i>		Piloxing 7:30pm <i>Jen</i>			

Classes are designed for small group training set with economical prices.
Pre-Registration is required for all classes.
Member Drop-In \$5/Class. Non-Member Drop-In \$10/Class

ROCK SOLID TEAM TRAINING (RSTT)
Jen Deaton
574.971.1527



Iron Shed Training
Amy D. Sheteron
574.850.0170

Eastlake 24-CR 17

5150 Verdant Street
Elkhart, IN 46516
P: 574.293.6899

Staffed Hours:
M/W/F 12:00-6:00 pm
T/Th 2:00-8:00 pm

Eastlake 24-Northpointe

3130 Northview Drive
Elkhart, IN 46514
P: 574.266.8791

Staffed Hours:
Monday-Friday 12:00-6:00 pm

EASTLAKE 24 NORTHPOINTE

MON	TUES	WED	THURS	FRI	SAT
Cardio Drumming \$\$ 5:45am		Cardio Drumming \$\$ 5:45am			
Power Hour 6:00pm <i>Haily</i>	Cardio Drumming \$\$ 7:30pm	Power Hour 6:00pm <i>Haily</i>	Cardio Drumming \$\$ 6:00pm	Senior Fitness 8:00am <i>Shelly</i>	
		24Fit Camp \$\$ 7:30pm <i>Heart City</i>			

\$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

EASTLAKE 24 GRANGER

MON	TUES	WED	THURS	FRI	SAT
X-Factor \$\$ 6:30pm @ Soccer Zone					E-Conditioning 8:00am <i>Eric</i>

Eastlake 24-Granger

1202 East University Drive
Granger, IN 46530
P: 574.243.1823

Staffed Hours
Monday-Friday 12:00-6:00pm

Eastlake-Middlebury

304 N. Main Street
Middlebury, IN 46540
P: 574.821.1560

Staffed Hours
Monday-Friday 12:00-6:00pm

EASTLAKE 24 MIDDLEBURY

MON	TUES	WED	THURS	FRI	SAT
E-HIIT Max 5:45pm <i>Laura</i>	E-Pump 5:45pm <i>Jenn</i>	E-HIIT Max 5:45pm <i>Laura</i>	E-Pump 5:45pm <i>Kim</i>		E-Pump 9:00am <i>Kim</i>

EASTLAKE 24-NAPPANEE

MON	TUES	WED	THURS	FRI	SAT
Spin 5:30am <i>Alison</i>	E-Pump 5:30am <i>Alison/Sonya</i>	Spin 5:30am <i>Sonya</i>	E-Pump 5:30am <i>Alison/Sonya</i>	E-Pump 5:30am <i>Alison/Sonya</i>	Spin 7:00am <i>Alison</i>
	E-Pump 9:00am <i>Ann</i>		E-Pump 9:00am <i>Ann</i>		Zumba 9:00am <i>Char</i>
Pound/Zumba 4:30-6pm <i>Char</i>	SilverSneakers 10:15am <i>Ann</i>	Pound/Zumba 4:30-6pm <i>Char</i>	SilverSneakers 10:15am <i>Ann</i>		
	E-Pump 4:45pm <i>Naomi</i>	Zumba 5:30pm <i>Char</i>	E-Pump 4:45pm <i>Naomi</i>		
	Spin *5:45pm <i>Naomi</i>		Spin *5:45pm <i>Naomi</i>		

Eastlake 24-Nappanee

158 E. Market Street
Nappanee, IN 46550
P: 574.773.2643

Staffed Hours:
Monday-Friday 8:00am-5:00pm
Childcare Hours:
Monday-Thursday 8:30-11:30am;
4:30-7:30pm
Friday & Saturday 8:30-11:30am

