



Group Fitness Schedule

Eastlake Athletic Club – Elkhart
 3400 Henke Road
 Elkhart, IN 46514
 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 Chris/Maria
Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	C Fit\$\$ 9:00am Chris
Sports Cond 9:30am Susie	Spin *8:00am Maria	Sport Cond 9:30am Susie	Spin *8:00am Maria	Sports Cond 9:30am Susie	Hip Hop 10:00am Voncile
SilverSneakers 10:00am Ann	SeniorCardio *9:00am Lori	SilverSneakers 10:00am Ann	SeniorCardio *9:00am Lori	Sliversneakers Ann 10:00am	
Sport Core 10:30am Susie	Spin *5:45pm Chris	Sport Core 10:30am Susie	Spin *5:45pm Chris		
Strength Endo 4:30pm Susie	TKO \$\$ 6:30pm Chris	Strength Endo 4:30pm Susie	TKO \$\$ 6:30 pm Chris		
Fusion 5:30pm Melinda	Hip Hop 6:30 Voncile	Fusion 5:30pm Melinda	Zumba 6:30pm Michelle		

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 Ann	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		

Eastlake 24 CR 17

MON	TUES	WED	THURS	FRI	SAT
	BodyCamp\$\$ 6:00pm Kenny		BodyCamp\$\$ 6:00pm Kenny		
Piloxing 7:30pm Katie		Piloxing 7:30pm Katie			

\$\$Member Drop-In \$5/Class. Non-Member Drop-In \$10/Class

Eastlake 24 CR 17

5150 Verdant Street
Elkhart, IN 46516
P: 574.293.6899

Staffed Hours:

M-F 12:00-6:00 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
E Max 6:00pm	Cardio Drumming \$\$ 7:15pm		Cardio Drumming \$\$ 7:15pm	Senior Fitness 8:00am Shelly	

\$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 Eric

Eastlake 24 Granger

1202 East University Drive
Granger, IN 46530
P: 574.243.1823

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

Eastlake 24 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-Pump 5:45pm Jenn		E-Pump 5:45pm Kim		E-Pump 9:00am Kim

Eastlake 24 NAPPANEE

MON	TUES	WED	THURS	FRI	SAT
Spin 5:30am Alison	E-Pump 5:30am Alison/Sonya	Spin 5:30am Sonya	E-Pump 5:30am Alison/Sonya		Spin 7:00am Alison
	E-Pump 9:00am Ann		E-Pump 9:00am Ann		E-Pump 8:00am
Pound/Zumba 4:30-6pm Char	SilverSneakers 10:15am Ann	Pound/Zumba 4:30-6pm Char	SilverSneakers 10:15am Ann		Zumba 9:00am Char
	E-Pump 4:45pm Naomi	Zumba 5:30pm Char	E-Pump 4:45pm Naomi		
	Spin *5:45pm Naomi		Spin *5:45pm Naomi		

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