

# EASTLAKE 24-NHF

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

## Eastlake ELKHART Eastlake GOSHEN

### Facility Hours:

Monday-Thursday:

5:00am-9:00pm

Friday: 5:00am-8:00pm

Saturday: 7:00am-3:00pm

Sunday: 12:00pm-4:00pm

## Eastlake 24 Hour

- CR 17 • NORTHPOINTE
- MIDDLEBURY
- SYRACUSE
- Nappanee-NHF

### Staffed Hours:

Monday-Friday

12:00pm-6:00pm

Some locations with extended hours

### Eastlake 24-CR 17

5150 Verdant Street

Elkhart, IN 46516

P: 574.293.6899

### Eastlake 24-Northpointe

3130 Northview Drive

Elkhart, IN 46514

P: 574.266.8791

### Eastlake-Goshen

1400 Fairfield Avenue

Goshen, IN 46526

P: 574.533.2498

### Eastlake-Middlebury

304 N. Main Street

Middlebury, IN 46540

P: 574.821.1560

### Eastlake 24-Syracuse

734 South Huntington

Syracuse, IN 46567

P: 574.337.1061

### Eastlake 24-NHF

158 E. Market Street

Nappanee, IN 46550

P: 574.773.2643



# EASTLAKE ATHLETIC CLUBS

## Group Fitness Schedule

November 1-  
December 31, 2014

### Eastlake Athletic Club-Elkhart

3400 Henke Road


Elkhart, IN 46561

P: 574.264.0611


www.EastlakeClubs.com



# 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 Haley/Maria
Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	Abs **6:20am Haley	Senior Cardio *9:00am Ann	<b>BodyCamp</b> 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		
	Cardio Fusion 6:30pm Melinda		Hip Hop (12/4) 6:30pm Amy		

# 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 <u>Adult</u> 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 <u>Adult</u> : 6:30pm	Jiu Jitsu <u>Kids</u> : 5:45pm* <u>Adult</u> : 6:30pm		Jiu Jitsu <u>Kids</u> : 5:45pm* <u>Adult</u> : 6:30pm		
<b>Brazilian Jiu Jitsu</b> <b><a href="http://www.gbji.wordpress.com">www.gbji.wordpress.com</a></b> Build confidence, self-discipline and self-defense. Improve balance, strength and mental health with this specific training.					



# EASTLAKE 24-CR 17

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

MON	TUES	WED	THURS	FRI	SAT
	BodyCamp 6:00pm Amy D	Abs 6:45pm** Jen	BodyCamp 6:00pm Amy D		
Piloxing 7:30pm Jen		Piloxing 7:30pm Jen			

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 NORTHPOINTE

MON	TUES	WED	THURS	FRI	SAT
Power Hour 6:00pm Haily	Cardio Drumming 7:30pm	Power Hour 6:00pm Haily	Cardio Drumming 6:00pm	Senior Fitness 9:00am 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 CoachCramer247@yahoo.com

# EASTLAKE 24 MIDDLEBURY

MON	TUES	WED	THURS	FRI	SAT
	E-Pump 5:45pm Jenn	SilverSneakers 12:00pm Lori	E-Pump 5:45pm Kim	SilverSneakers 12:00pm Lori	E-Pump 9:00am Kim

Indicators for classes at all locations

\*45 minute class

\*\*30 minute class

