

EASTLAKE -NHF 24

MON	TUES	WED	THUR	FRI	SAT
E-Pump 5:30-6:30am	Spin 5:30-6:15am	E-Pump 5:30-6:30am	Spin 5:30-6:15am		Spin 7:00-7:45am
E-Pump 9-10:00am	SilverSneakers 10:00-11:00am	Pump 9-10:00am	SilverSneakers 10:00-11:00am		Zumba 8:00-9:00am
Spin 5:30-6:15pm	E-Pump 5:30-6:30pm	Spin 5:30-6:15pm	E-Pump 5:30-6:30pm		E-Pump 9:00-10:00am
Zumba 6:30-7:30pm					

Eastlake ELKHART Eastlake GOSHEN

Facility Hours:

Monday-Thursday: 5:00am - 9:00pm

Friday: 5:00am - 8:00pm

Saturday: 7:00am - 3:00pm

Sunday: 12:00noon - 4:00pm

Eastlake 24 Eastlake-NHF 24 Eastlake 24 Middlebury Eastlake Syracuse

Staffed Hours:

Monday-Friday

12noon-6pm

Eastlake-Northpointe 24

3130 Northview Drive
Elkhart 46514
Ph: 574-266-8791

Eastlake Elkhart

3400 Henke Road
Elkhart 46514
Ph: 574-264-0611

Eastlake 24

5150 Verdant Street
Elkhart 46516
Ph: 574-293-6899

Eastlake 24 Middlebury

304 North Main Street
Middlebury 46540
Ph: 574-821-1560

Eastlake Goshen

1400 Fairfield Avenue
Goshen 46526
Ph: 574-533-2498

Eastlake-NHF 24

158 East Market Street
Nappanee 46550
574-773-2643

EASTLAKE ATHLETIC CLUBS

Group Fitness Schedule

AUGUST 1--SEPTEMBER 30
2014

NOW OPEN!

NOW OPEN!

NOW OPEN!

EASTLAKE SYRACUSE 24

734 South Huntington
(574) 337-1061

NOW OPEN!

NOW OPEN!

NOW OPEN!

www.eastlakeclubs.com

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EASTLAKE ELKHART

MON	TUES	WED	THUR	FRI	SAT
E-Pump 8:00-9:00am <i>Ann</i>	Spin 5:30-6:15am <i>Haley</i>	E-Pump 8:00-9:00am <i>Ann</i>	Spin 5:30-6:15am <i>Haley</i>	E-Pump 8:00-9:00am <i>Ann</i>	Spin 8am--9am <i>Chris/Maria</i>
Senior Cardio 9:00-9:45am <i>Ann</i>	Abs 6:20-6:40 <i>Haley</i>	Senior Cardio 9:00-9:45am <i>Ann</i>	Abs 6:20-6:40 <i>Haley</i>	Senior Cardio 9:00-9:45am <i>Ann</i>	
SilverSneakers 10-11:00am <i>Ann</i>	Spin 8:20-9:15am <i>Maria</i>	SilverSneakers 10-11:00am <i>Ann</i>	Spin 8:20-9:15am <i>Maria</i>	SilverSneakers 10-11:00am <i>Ann</i>	Hip Hop 10-11am <i>Voncile</i>
	Senior Cardio 8:30-9:15am <i>Ann</i> (GYM)		Senior Cardio 8:30-9:15am <i>Ann</i> (GYM)		
E-Pump 5:45-6:45pm <i>Jen</i>	Spin 5:30-6:15pm	E-Pump 5:45-6:45pm <i>Stacy</i>	Spin 5:30-6:15pm		
	Fusion 6:45-7:45pm <i>Melinda</i>				

EASTLAKE 24 NORTHPOINTE

MON	TUES	WED	THUR	FRI	SAT
Senior Fitness 9:00-10:00am <i>Shelly</i>	Boot Camp* 5:45-6:45pm <i>Amy</i>	Senior Fitness 9:00-10:00am <i>Shelly</i>	Boot Camp* 5:45-6:45pm <i>Amy</i>		Power Hour 9-10:00am <i>Shelly</i>
Power Hour 6:00-7:00pm <i>Laura</i>	Hip Hop 6:45-7:45pm <i>Amy</i>	Power Hour 6:00-7:00pm <i>Laura</i>			

***Boot Camp class requires an additional fee.
\$5 for members, \$10 for non-members**

EASTLAKE 24 ROCK SOLID TEAM TRAINING

All Rock Solid Team Training Classes requires a per class fee.

Piloxing and Training Camp \$5/class Total Body Rock \$10/class

MON	TUES	WED	THUR	FRI	SAT
Piloxing 7:30pm	Total Body Rock 7:30pm	Piloxing 9:30am	Piloxing 6:30pm	Piloxing 9:30am	Training Camp 9am--10am

Team Training: Looking for a workout tailored to your needs? Get all of the benefits of personal training in an economical, small group training setting. **6-weeks for \$120**
CONTACT Jen Deaton AT RSST FOR DATES AND TIMES.

EASTLAKE GOSHEN

MON	TUES	WED	THUR	FRI	SAT
Spin 5:30--6:15am <i>Ann</i>	E-Pump 5:30-6:15am <i>Naomi</i>	Spin 5:30-6:15am <i>Ann</i>	E-Pump 5:30-6:15am <i>Naomi</i>	Spin 5:30-6:15am <i>Ann</i>	Spin 7:05-7:50am <i>Ann</i>
Senior Cardio 9:45-10:45am <i>Chrissy</i>	SilverSneakers 9:45-10:45am <i>Caroline</i>	SilverSneakers 9:45-10:45am <i>Julie</i>	SilverSneakers 9:45-10:45am <i>Caroline</i>	SilverSneakers 9:45-10:45am <i>Julie</i>	Pump 8:00-9:00am <i>Ann/Jenn</i>
Pump 5:30-6:30pm <i>Jenn</i>	Spin 5:30-6:15pm <i>Ann</i>	Pump 5:30-6:30pm <i>Jenn</i>	Spin 5:30-6:15pm <i>Ann</i>		E-Sanity 9:00-9:30am <i>Naomi/Ann/Jenn</i>
	Abs 6:20-6:40pm <i>Ann</i>		Abs 6:20-6:40pm <i>Ann</i>		Jiu Jitsu <u>Adult:</u> 10:00-11:00am
Jiu Jitsu* <u>Adult:</u> 6:30-7:30pm	Jiu Jitsu* <u>Kids:</u> 5:45-6:30pm <u>Adult:</u> 6:30-7:30p	*Jiu Jitsu: Monthly fee for classes. Club membership not required.	Jiu Jitsu* <u>Kids:</u> 5:45-6:30pm <u>Adult:</u> 6:30-7:30p	Brazilian Jiu Jitsu* www.gbjj.wordpress.com Build confidence, self-discipline, & self-defense. Improve balance, strength, & mental health with of cardiovascular & muscle building exercise.	

EASTLAKE 24 MIDDLEBURY

MON	TUES	WED	THUR	FRI	SAT
Metabolic Effect* 5:30-6:30 <i>Melinda</i>	E-Pump 5:45-6:45pm <i>Jenn</i>	Metabolic Effect* 5:30-6:30 <i>Melinda</i>	E-Pump 5:45-6:45pm <i>Kim</i>		Metabolic Effect* 7:30-8:30am <i>Melinda</i>
Metabolic Effect* 6:30-7:30pm <i>Melinda</i>		Metabolic Effect* 6:30-7:30pm <i>Melinda</i>			Metabolic Effect* 8:30-9:30am <i>Melinda</i>

***Metabolic Effect** is specifically designed to trigger the fat burning hormones, using weights and quick cardio bursts. **6-Weeks for \$120. Space Limited. Pre-registration required.**
Contact Melinda Shriner at 574-821-1560 for more information