



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength w/ Bonnie 5:00-6:00am	SPIN! w/Melissa S 6:00-6:45am	Total Body Strength w/ Melissa S 5:00-6:00am	SPIN! w/Melissa S 6:00-6:45am	Total Body Strength w/Melissa Maria 5:00-6:00am		
SPIN! Melissa Fariello 8:30-9:15am	Total Body Strength w/ Melissa S 7:00-8:00am	Body Sculpt w/Grace 8:15-9:15am	Body Sculpt w/Melissa S 7:00-8:00am	SPIN! w/Melissa Maria 6:00-6:45am	SPIN! w/Melissa S 7:00-7:45am	
Body Sculpt w/Grace 9:00-10:00am	Cardio Dance w/Dyanne 8:45-9:30am	SPIN! Melissa Fariello 8:30-9:15am	Yoga w/Alice 8:00-9:00am	Body Sculpt w/Grace 8:00-9:00am	Core Xpress Melissa Fariello 7:30-7:50am	SPIN! w/Melissa S 8:00-8:45am
Yoga w/ Barb 10:00-11:00am	Body Sculpt w/Dyanne 9:30-10:15am	Yoga-Pilates w/Heather 9:30-10:30am	Body Sculpt w/Laura 9:30-10:30am	SPIN! w/Cindy 8:30-9:15am	SPIN! Melissa Fariello 8:00-8:45am	SPIN w/Weights w/Melissa S 9:00-10:00am
SPIN! w/Allison B. 11:00-11:45am		Zumba w/Cindy 10:30-11:30am	Yoga w/Nancy 10:30-11:30am	Yoga- Pilates w/Heather 9:30-10:30am	Total Body Spin w/Melissa Maria 8:30-9:30am	Stretch & Pilates w/Tatiana 10:00-11:00am
Cardio Dance w/Kristine 4:30-5:15pm	Total Body Strength w/ Allison 5:15-6:15pm		Spin w/Tricia 4:15-5:00pm	SPIN w/Weights w/Allison B. 10:30-11:30am	Zumba w/Aleta 9:00-10:00am	
Body Sculpt w/Kristine 5:15-6:00pm	Zumba w/Graciela 6:15-7:00pm	Total Body Spin w/Melissa Maria 5:15-6:15	Total Body Strength w/ Allison 5:15-6:15pm	Yoga w/Nancy 4:15-5:00pm	Yoga w/Nancy 10:00-11:15am	
20/20/20 w/ Kelley 6:00-7:00pm	SPIN! Melissa Fariello 6:15-7:00pm	Yoga w/ Eileen 6:00-7:00pm	SPIN! w/Tricia 5:15-6:00pm	Boot Camp w/ Kelley 5:15-6:15pm		
SPIN! w/Tricia 6:30-7:15pm	Core Xpress (Mezzanine) Melissa Fariello 7:10-7:30pm	Core Xpress (Mezzanine) Melissa Maria 6:20-6:40pm	Core Xpress w/Allison 6:20-6:40pm	CHILDCARE Monday through Sunday 8am-12pm Tuesday & Thursday 4pm – 7pm Wednesday 5pm-7pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. – 7 p.m. Sun. 7am – 5pm
Zumba w/Kelley 7:00-8:00pm	Beginner Yoga w/Barb 7:00-8:15pm	SPIN! W/Melissa Maria 7:00-7:45pm	Zumba w/Graciela 6:45-7:45pm			