



## Group Fitness Class Schedule

[www.EastpointeHealthandFitness.com](http://www.EastpointeHealthandFitness.com)

*Effective January 2019*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Strength</b> w/ Melissa Maria 5:00-6:00am	<b>SPIN!</b> w/Melissa S 6:00-6:45am	<b>Total Body Strength</b> w/ Melissa S 5:00-6:00am	<b>SPIN!</b> w/Melissa S 6:00-6:45am	<b>Total Body Strength</b> w/Melissa Maria 5:00-6:00am		
<b>SPIN!</b> Melissa Fariello 8:30-9:15am	<b>Body Sculpt</b> w/ Melissa S 7:00-8:00am	<b>Body Sculpt</b> w/Grace 8:15-9:15am	<b>Body Sculpt</b> w/Melissa S 7:00-8:00am	<b>SPIN!</b> w/Melissa Maria 6:00-6:45am	<b>SPIN!</b> w/Melissa S 7:00-7:45am	
<b>Body Sculpt</b> w/Grace 9:00-10:00am	<b>Cardio Dance</b> w/Dyanne 8:45-9:30am	<b>SPIN!</b> Melissa Fariello 8:30-9:15am	<b>Vinyasa Flow</b> w/Alice 8:00-9:00am	<b>Body Sculpt</b> w/Grace 8:00-9:00am	<b>Core Xpress</b> Melissa Fariello 7:30-7:50am	<b>SPIN!</b> w/Melissa S 8:00-8:45am
<b>Yoga</b> w/ Barb 10:00-11:00am	<b>Body Sculpt</b> w/Dyanne 9:30-10:15am	<b>Yoga-Pilates</b> w/Heather 9:30-10:30am	<b>Cardio Sculpt</b> w/Laura 9:30-10:30am	<b>SPIN!</b> w/Cindy 8:30-9:15am	<b>SPIN!</b> Melissa Fariello 8:00-8:45am	<b>SPIN w/Weights</b> w/Melissa S 9:00-10:00am
<b>SPIN!</b> w/Allison B. 11:00-11:45am		<b>Zumba</b> w/Cindy 10:30-11:30am	<b>Yoga</b> w/Nancy 10:30-11:30am	<b>Yoga- Pilates</b> w/Heather 9:30-10:30am	<b>Total Body Spin</b> w/Melissa Maria 8:15-9:15am	<b>Stretch &amp; Pilates</b> w/Tatiana 10:00-11:00am
<b>Cardio Dance</b> w/Kristine 4:30-5:15pm	<b>Total Body Strength</b> w/ Allison 5:15-6:15pm		<b>Spin</b> w/Tricia 4:15-5:00pm	<b>SPIN w/Weights</b> w/Allison B. 10:30-11:30am	<b>Zumba</b> w/Aleta 9:00-10:00am	
<b>Body Sculpt</b> w/Kristine 5:15-6:00pm	<b>Zumba</b> w/Graciela 6:15-7:00pm	<b>Total Body Spin</b> w/Melissa Maria 5:15-6:15	<b>Total Body Strength</b> w/ Allison 5:15-6:15pm	<b>Yoga</b> w/Nancy 4:15-5:00pm	<b>Vinyasa Flow</b> w/Nancy 10:00-11:15am	
<b>Cardio Sculpt</b> w/ Kelley 6:05-7:05pm	<b>SPIN!</b> Melissa Fariello 6:15-7:00pm	<b>Vinyasa Flow</b> w/ Allison 6:00-7:00pm	<b>SPIN!</b> w/Tricia 5:15-6:00pm	<b>Boot Camp</b> w/ Kelley 5:15-6:15pm		
<b>SPIN!</b> w/Tricia 6:30-7:15pm	<b>Core Xpress</b> (Mezzanine) Melissa Fariello 7:10-7:30pm	<b>Core Xpress</b> (Mezzanine) Melissa Maria 6:20-6:40pm	<b>Core Xpress</b> w/Allison 6:20-6:40pm	<b>CHILDCARE</b> Monday through Sunday 8am-12pm Tuesday & Thursday 4pm – 7pm Wednesday 5pm-7pm		<b>GYM HOURS</b> Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. – 7 p.m. Sun. 7am – 5pm
<b>Zumba</b> w/Kelley 7:05-8:05pm	<b>Beginner Yoga</b> w/Barb 7:05-8:20pm	<b>SPIN!</b> W/Melissa Maria 7:00-7:45pm	<b>Zumba w/Toning</b> w/Graciela 6:45-7:45pm			