



Group Fitness Class **SUMMER** Schedule

www.EastpointeHealthandFitness.com

Effective July and August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Melissa Maria 5:00-6:00am	SPIN! Melissa S. 6:00-6:45am	Total Body Strength Melissa S. 5:00-6:00am	SPIN! Melissa S. 6:00-6:45am	Total Body Strength Melissa Maria 5:00-6:00am		
30 Min. Circuit Lower Body Melissa Fariello 7:30-8:00am	Body Sculpt Melissa S. 7:00-8:00am	30 Min. Circuit Upper Body Melissa Fariello 7:30-8:00am	Body Sculpt Melissa S. 7:00-8:00am	30 Min. Circuit Butt and Gut Holly 7:30-8:00am	SPIN! Tricia 7:00-7:45am	
SPIN! Melissa Fariello 8:30-9:15am	Cardio Dance Dyanne 8:45-9:30am	Intro to SPIN! Grace 7:30-8:00am	Cardio Sculpt Laura 9:30-10:30am	Body Sculpt Grace 8:00-9:00am	Core Xpress Melissa Fariello 7:30-7:50am	
Body Sculpt Grace 9:00-10:00am	Body Sculpt Dyanne 9:30-10:15am	Body Sculpt Grace 8:15-9:15am	Yoga Nancy 10:30-11:30am	SPIN! Cindy 8:30-9:15am	SPIN! Melissa Fariello 8:00-8:45am	
Yoga Barb 10:00-11:00am	Vinyasa Flow Allison L. 10:30-11:30am	SPIN! Melissa Fariello 8:30-9:15am		Yoga-Pilates Heather 9:30-10:30am	Body Sculpt Allison B. 8:15-9:00am	SPIN! Holly 8:00-8:45am
SPIN! Allison B. 11:00-11:45am		Yoga-Pilates Heather 9:30-10:30am		SPIN! w/Weights Allison B. 10:30-11:30am	SPIN! Rotating Instructor 9:00-9:45am	SPIN! w/Weights Melissa Maria 9:00-10:00am
Cardio Dance Kristine 4:30-5:15pm			SPIN! Tricia 4:15-5:00pm		Zumba Aleta 9:00-10:00am	
Body Sculpt Kristine 5:15-6:00pm	Total Body Strength Allison N. 5:15-6:15pm	Total Body Spin Melissa Maria 5:15-6:15	Total Body Strength Allison N. 5:15-6:15pm	Yoga Allison L. 4:15-5:00pm	Vinyasa Flow Nancy 10:00-11:15am	
Cardio Sculpt Kelley 6:05-7:05pm	Zumba Graciela 6:15-7:00pm	Cardio Dance Kristine 6:00-7:00pm	SPIN! Tricia 5:15-6:00pm	CHILDCARE Monday, Wednesday, Friday 7:15am - 12pm Tuesday, Thursday, Saturday & Sunday 8am - 12pm Wednesday 5pm - 7pm		GYM HOURS Mon.-Thurs. 5am - 10pm Fri. 5am - 8pm Sat. 7am - 7pm Sun. 7am - 5pm
SPIN! Tricia 6:30-7:15pm	SPIN! Holly 6:15-7:00pm	Core Xpress (Mezzanine) Melissa Maria 6:20-6:40pm	Core Xpress Tricia 6:20-6:40pm			
Zumba Kelley 7:05-8:05pm	Beginner Yoga Barb 7:05-8:20pm		Zumba w/ Toning Graciela 6:45-7:45pm			