



## OUTDOOR Group Fitness Class Schedule

*Effective September 2020*

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Strength</b> Dan 6:00-7:00am	<b>Cardio Yoga</b> Heidi O. 6:00-7:00am	<b>Total Body Strength</b> Bonnie 6:00-7:00am	<b>Yoga</b> Allison L. 6:00-7:00am	<b>Total Body Strength</b> Dan 6:00-7:00am	<b>Yoga</b> Heidi W. 7:00-7:45am	
<b>Body Sculpt</b> Grace 7:30-8:30am	<b>Cardio Sculpt</b> Laura 7:30-8:30am	<b>Body Sculpt</b> Grace 7:30-8:30am	<b>Cardio Sculpt</b> Melissa Fariello 7:30-8:30am	<b>Body Sculpt</b> Grace 7:30-8:30am	<b>Body Sculpt</b> Bonnie 8:00-8:45am	<b>Cardio Sculpt</b> Melissa Fariello 8:00-8:45am
<b>Shore Results Strength</b> Mel 9:00-10:00am	<b>Shore Results Metabolic</b> Bonnie 9:00-10:00am	<b>Shore Results Strength</b> Mel 9:00-10:00am	<b>Shore Results Metabolic</b> Grace 9:00-10:00am	<b>Shore Results Strength</b> Julia 9:00-10:00am	<b>Shore Results Metabolic</b> Mike 9:00-10:00am	<b>Shore Results Metabolic</b> Karen 9:00-10:00am
<b>Yoga</b> Nancy 10:30-11:30am		<b>Yoga</b> Nancy 10:30-11:30am		<b>Yoga</b> Nancy 10:30-11:30am	<b>Zumba</b> Aleta 10:30-11:30am	<b>Yoga</b> Gina 10:30-11:30am
<b>Shore Results Strength</b> Nick 5:00-6:00pm	<b>Shore Results Metabolic</b> Mike 5:00-6:00pm	<b>Shore Results Strength</b> Mike 5:00-6:00pm	<b>Shore Results Metabolic</b> Bonnie 5:00-6:00pm	<b>Shore Results Meta-Strength</b> Karen 5:00-6:00pm		
<b>Body Sculpt</b> Kristine 6:15-7:00pm	<b>Total Body Strength</b> Allison N. 6:15-7:00pm	<b>Body Sculpt</b> Kristine 6:15-7:00pm	<b>Total Body Strength</b> Allison N. 6:15-7:00pm			
<b>Zumba</b> Cindy 7:15-8:00pm	<b>Yoga</b> Gina 7:15-8:00pm	<b>Zumba</b> Graciela 7:15-8:00pm	<b>Yoga</b> Allison L. 7:15-8:00pm			
				Tier 3 – Shore Results \$129/m		<b>GYM HOURS</b> Mon.-Thurs. 5am-9pm Fri. 5am-8pm Sat. 7 a.m. – 2 p.m. Sun. 7am – 1pm
				Tier 2 – Premium \$99/m		
				Tier 1 – Basic \$49/m		