



Group Fitness Class Schedule**

www.EastpointeHealthandFitness.com

Effective September 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	SPIN! Sandra 6:00-6:45am		SPIN! Sandra 6:00-6:45am		SPIN! Bonnie 7:00-7:45am	
Total Body Strength Dan 6:00-7:00am	Pilates Stretch Heidi O. 6:00-7:00am	Total Body Strength Bonnie 6:00-7:00am	Yoga Allison L. 6:00-7:00am	Total Body Strength Dan 6:00-7:00am	Yoga Heidi W. 7:00-7:45am	SPIN! Tricia 8:00-8:45am
Body Sculpt Grace 7:30-8:30am	Cardio Sculpt Laura 7:30-8:30am	Body Sculpt Grace 7:30-8:30am	Cardio Sculpt Bonnie 7:30-8:30am	Body Sculpt Grace 7:30-8:30am	Body Sculpt Bonnie 8:00-8:45am	Cardio Sculpt Melissa Fariello 8:00-8:45am
SPIN! Julie 8:30-9:15am		SPIN! Julie 8:30-9:15am		SPIN! Tricia 8:30-9:15am	SPIN! Melissa F. 8:00-8:45am	SPIN! Melissa Maria 9:00-9:45am
Shore Results Strength Mel 9:00-10:00am	Shore Results Metabolic Bonnie 9:00-10:00am	Shore Results Strength Mel 9:00-10:00am	Shore Results Metabolic Grace 9:00-10:00am	Shore Results Strength Julia 9:00-10:00am	Shore Results Metabolic Mike 9:00-10:00am	Shore Results Metabolic Karen 9:00-10:00am
Yoga Nancy 10:30-11:30am		Yoga Nancy 10:30-11:30am		Yoga Nancy 10:30-11:30am	Zumba Aleta 10:30-11:30am	Yoga Gina 10:30-11:30am
Shore Results Strength Nick 5:00-6:00pm	Shore Results Metabolic Mike 5:00-6:00pm	Shore Results Strength Mike 5:00-6:00pm	Shore Results Metabolic Bonnie 5:00-6:00pm	Shore Results Meta-Strength Karen 5:00-6:00pm		
SPIN! Tricia 5:15-6:00pm		SPIN! Kristine 5:15-6:00pm		SPIN! Melissa Maria 5:15-6:00pm		
Body Sculpt Kristine 6:15-7:00pm	Total Body Strength Allison N. 6:15-7:00pm	Body Sculpt Kristine 6:15-7:00pm	Total Body Strength Allison N. 6:15-7:00pm	Tier 3 – Shore Results \$129/m		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm CHILD CARE Mon.-Sat. 8am-12pm
Zumba Cindy 7:15-8:00pm	Yoga Gina 7:15-8:00pm	Zumba Graciela 7:15-8:00pm	Yoga Allison L. 7:15-8:00pm			
	SPIN! Melissa F. 7:15-8:00pm		SPIN! Melissa F. 7:15-8:00pm	Tier 1 – Basic \$49/m		

**Spin Classes will be held in our new Group Annex indoors. All other classes will be held in our outdoor space, weather permitting.