



## Group Fitness Class Schedule\*

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

*Effective November 2020*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Strength</b> Dan 6:00-7:00am	<b>SPIN!*</b> Sandra 6:00-6:45am	<b>Total Body Strength</b> Bonnie 6:00-7:00am	<b>SPIN!*</b> Bonnie 6:00-6:45am	<b>Total Body Strength</b> Dan 6:00-7:00am	<b>SPIN!*</b> Bonnie 7:00-7:45am	<b>SPIN!*</b> Tricia 8:00-8:45am
<b>Body Sculpt</b> Grace 7:30-8:30am	<b>Cardio Sculpt</b> Dyanne 8:30-9:30am	<b>Body Sculpt</b> Grace 7:30-8:30am	<b>Cardio Sculpt</b> Bonnie 8:30-9:30am	<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>SPIN!*</b> Dyanne 8:30-9:15am	<b>Pilates Stretch*</b> Dyanne 9:45-10:45am	<del><b>SPIN!*</b> Heidi O. 8:30-9:15am</del>	<del><b>Yoga*</b> Allison L. 9:45-10:45am</del>	<b>SPIN!*</b> Tricia 8:30-9:15am	<b>SPIN!*</b> Dyanne 8:00-8:45am	<b>SPIN!*</b> Melissa Maria 9:00-9:45am
<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 Meta-Strength</b> Karen 9:00-10:00am
<b>Yoga</b> Nancy 10:00-11:00am		<b>Yoga</b> Nancy 10:00-11:00am		<b>Yoga</b> Nancy 10:00-11:00am	<b>Pilates Stretch*</b> Dyanne 9:00-10:00am	<b>Yoga</b> Uma 10:00-11:00am
	<del><b>Pilates Stretch</b> Heidi O. 4:00-4:45pm</del>		<b>Yoga</b> Allison L. 4:00-4:45pm		<b>Zumba</b> Aleta 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>SPIN!*</b> Tricia 5:15-6:00pm	<b>Zumba*</b> Cindy 5:15-6:00pm	<b>SPIN!*</b> Sandra 5:15-6:00pm	<b>Zumba*</b> Graciela 5:15-6:00pm	<del><b>SPIN!*</b> Melissa Maria 5:15-6:00pm</del>		
<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	Tier 3 – Shore Results \$129/m		<b>GYM HOURS</b> Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm  <b>CHILD CARE</b> Mon.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-7pm
<b>Dance Cardio</b> Kristine 7:15-8:00pm	<b>SPIN!*</b> Melissa F. 7:15-8:00pm	<b>Dance Cardio</b> Kristine 7:15-8:00pm	<b>SPIN!*</b> Melissa F. 7:15-8:00pm			
				Tier 1 – Basic \$49/m		

Classes marked "\*" will be held in our new Group Annex indoors. All other classes will be held in our outdoor space, weather permitting. Classes marked with a ~~red line~~ are temporarily paused and will resume after the holiday season.