



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Dan 6:00-7:00am	SPIN! Sandra 6:00-6:45am	Total Body Strength Bonnie 6:00-7:00am	SPIN! Bonnie 6:00-6:45am	Total Body Strength Dan 6:00-7:00am	SPIN! Bonnie 7:00-7:45am	SPIN! Tricia 8:00-8:45am
Body Sculpt Grace 7:30-8:30am	Cardio Sculpt Dyanne 8:30-9:30am	Body Sculpt Grace 7:30-8:30am	Cardio Sculpt Bonnie 8:30-9:30am	Body Sculpt Grace 7:30-8:30am	Body Sculpt Bonnie 8:00-8:45am	Cardio Sculpt Melissa Fariello 8:00-8:45am
SPIN! Dyanne 8:30-9:15am	Virtual Zumba Graciela 9:00-9:45am	SPIN! Heidi O. 8:30-9:15am	Yoga Allison L. 9:45-10:45am	SPIN! Tricia 8:30-9:15am	SPIN! Dyanne 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 Meta-Strength Karen 9:00-10:00am
Yoga Nancy 10:00-11:00am	Pilates Stretch Dyanne 9:45-10:45am	Yoga Nancy 10:00-11:00am		Virtual Yoga Allison L. 9:00-9:45am	Pilates Stretch Dyanne 9:00-10:00am	Yoga Uma 10:00-11:00am
	Pilates Stretch Heidi O. 4:00-4:45pm	Virtual Body Sculpt Grace 10:15-11:00am	Yoga Allison L. 4:00-4:45pm	Yoga Nancy 10:00-11:00am	Zumba Aleta 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	Zumba Cindy 5:15-6:00pm	SPIN! Sandra 5:15-6:00pm	Zumba* Graciela 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.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-7pm
Dance Cardio Kristine 7:15-8:00pm	SPIN! Melissa F. 7:15-8:00pm	Dance Cardio Kristine 7:15-8:00pm	SPIN! Melissa F. 7:15-8:00pm	Tier 2 – Premium \$99/m		
				Tier 1 – Basic \$49/m		

Classes with a ‘ / ’ are on pause until further notice.

Classes in **BLUE FONT** are live/virtual you must register at desk for login info and recording emails