



## Group Fitness Class Schedule

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

Effective JANUARY 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Strength</b> Greg 5:00-6:00am		<b>Total Body Strength</b> Meredith 5:00-6:00am		<b>Total Body Strength</b> Bonnie 5:00-6:00am		
	<b>SPIN!</b> Sandra 6:00-6:45am		<b>SPIN!</b> Bonnie 6:00-6:45am		<b>SPIN!</b> Bonnie 7:00-7:45am	<b>SPIN!</b> Tricia 8:00-8:45am
<b>Body Sculpt</b> Grace 8:00-9:00am	<b>EP30: Upper Body</b> Amy 8:00-8:30am	<b>Body Sculpt</b> Grace 8:00-9:00am	<b>EP30: Lower Body</b> Jen 8:00-8:30am	<b>Body Sculpt</b> Grace 8:00-9:00am	<b>Body Sculpt</b> Bonnie 8:00-8:45am	<b>Cardio Sculpt</b> Nikki 8:00-8:45am
<b>SPIN!</b> Kristine 8:30-9:15am	<b>Cardio Sculpt</b> Dyanne 8:30-9:30am	<b>SPIN!</b> Tricia 8:30-9:15am	<b>Cardio Sculpt</b> Amy 8:30-9:30am	<b>SPIN!</b> Tricia 8:30-9:15am	<b>SPIN!</b> Paula 8:00-8:45am	<b>SPIN!</b> Melissa Maria 9:00-9:45am
	<b>Pilates Stretch</b> Dyanne 9:30-10:30am		<b>Pilates Stretch</b> Kristine 9:30-10:30am		<b>Zumba</b> Aleta 9:00-10:00am	<b>EP30: Core &amp; More</b> (Mezzanine) Melissa Maria 10:00-10:30am
<b>Yoga</b> Nancy 10:00-11:00am		<b>Yoga</b> Nancy 10:00-11:00am		<b>Yoga</b> Allison L. 10:00-11:00am	<b>Yoga</b> Nancy 10:00-11:15am	<b>Yoga</b> Uma 10:00-11:00am
<b>SPIN!</b> Tricia 5:15-6:00pm	<b>Total Body Strength</b> <b>(PAUSED)</b> 5:15-6:15pm	<b>SPIN!</b> Sandra 5:15-6:00pm	<b>Total Body Strength</b> <b>(PAUSED)</b> 5:15-6:15pm	<b>SPIN!</b> Melissa Maria 5:15-6:00pm		
<b>Body Sculpt</b> Melissa F. 6:15-7:00pm	<b>Zumba</b> Cindy 6:15-7:00pm	<b>Body Sculpt</b> Nikki 6:15-7:00pm	<b>Zumba</b> Graciela 6:15-7:00pm			<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>EP30: Core &amp; More</b> (Mezzanine) Nikki 6:30-7:00pm		<b>EP30: Core &amp; More</b> (Mezzanine) Melissa F. 6:30-7:00pm	<b>Tier 2 – Premium \$99/m</b>		
<b>Yoga</b> Uma 7:15-8:15pm	<b>SPIN!</b> Melissa F. 7:15-8:00pm	<b>Yoga</b> Allison L. 7:15-8:15pm	<b>SPIN!</b> Melissa F. 7:15-8:00pm	<b>Tier 1 – Basic \$49/m</b>		

Classes in **BLUE FONT** are in the external Gym Annex.