



# Group Fitness Class Schedule

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

Effective October 2024

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> Melissa Maria 6:00-6:45am	<b>EP30: HIIT</b> <b>PAUSED</b> 6:30-7:00am	<b>SPIN!</b> Bonnie 6:00-6:45am	<b>EP30: HIIT</b> Bonnie 6:30-7:00am	<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>Cardio Sculpt</b> Cris 8:35-9:25am	<b>Body Sculpt</b> Grace 8:00-9:00am	<b>Cardio Sculpt</b> Kristine 8:35-9:25am	<b>Body Sculpt</b> Grace 8:00-9:00am	<b>Body Sculpt</b> Bonnie 8:00-8:45am	<b>Cardio Sculpt</b> Monica 8:00-8:45am
<b>SPIN!</b> Kristine 8:30-9:15am	<b>SPIN!</b> Ron 9:00-9:45am	<b>SPIN!</b> Tricia 8:30-9:15am	<b>SPIN!</b> Ron 9:00-9:45am	<b>SPIN!</b> Tricia 8:30-9:15am	<b>SPIN!</b> Paula 8:00-8:45am	<b>SPIN!</b> Monica 9:00-9:45am
<b>Zumba</b> Aleta – PAUSING EFFECTIVE 10/28 9:05-9:55am	<b>Pilates Stretch</b> Cris 9:35-10:30am	<b>Yoga PLUS</b> Nancy 9:30-10:00am	<b>Pilates Stretch</b> Kristine 9:35-10:30am		<b>Pilates Stretch</b> Dyanne 9:00-9:55am	
<b>Yoga</b> Julia 10:00-11:00am		<b>Yoga</b> Nancy 10:00-11:00am		<b>Yoga</b> Diane 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> Kelley 5:15-6:10pm	<b>SPIN!</b> Lindsey 5:15-6:00pm	<b>Total Body Strength</b> Kelley 5:15-6:10pm	<b>Zumba</b> Graciela 5:30-6:30pm	<b>GYM HOURS</b> Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm	
<b>Body Sculpt</b> Melissa F. 6:15-7:00pm	<b>EP30: Core &amp; More</b> Kelley 6:15-6:45pm	<b>Body Sculpt</b> Monica 6:15-7:00pm	<b>EP30: Core &amp; More</b> Melissa F. 6:15-6:45pm	Tier 1 – Basic \$49/m	<b>CHILDCARE HOURS</b> Mon.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-7pm	
<b>Yin Yoga</b> Uma 7:15-8:15pm	<b>SPIN!</b> Paula 7:00-7:45pm	<b>Yoga</b> Julia 7:15-8:15pm	<b>SPIN!</b> Melissa F. 7:00-7:45pm	Tier 2 – Premium \$99/m		

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