



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Strength Greg 5:00-6:00am	EP30: HIIT Meredith 5:00-5:30am	Total Body Strength Meredith 5:00-6:00am		Total Body Strength Bonnie 5:00-6:00am		
	EP30: Core & More Meredith 5:30-6:00am					
	SPIN! Melissa Maria 6:00-6:45am		SPIN! Bonnie 6:00-6:45am	EP30: HIIT Bonnie 6:30-7:00am	SPIN! Bonnie 7:00-7:45am	SPIN! Tricia 8:00-8:45am
Body Sculpt Grace 8:00-9:00am	Cardio Sculpt Cris 8:35-9:25am	Body Sculpt Grace 8:00-9:00am	Cardio Sculpt Kristine 8:35-9:25am	Body Sculpt Grace 8:00-9:00am	Body Sculpt Bonnie 8:00-8:45am	Pilates Stretch Monica 8:00-8:45am
SPIN! Kristine 8:30-9:15am	SPIN! Ron 9:00-9:45am	SPIN! Tricia 8:30-9:15am	SPIN! Ron 9:00-9:45am	SPIN! Tricia 8:30-9:15am	SPIN! Paula 8:00-8:45am	SPIN! Monica 9:00-9:45am
Zumba Aleta 9:05-9:55am	Pilates Stretch Cris 9:35-10:30am	Yoga PLUS Nancy 9:30-10:00am	Pilates Stretch Kristine 9:35-10:30am	Zumba Aleta 9:05-9:55am	Pilates Stretch Dyanne 9:00-9:55am	
Yoga Diane 10:00-11:00am	Group Active Rachel 10:35-11:35am	Yoga Nancy 10:00-11:00am	Group Active Michelle 10:35-11:35am	Yoga Rose 10:00-11:00am	Yoga Nancy 10:00-11:15am	Yoga Uma 10:00-11:00am
SPIN! Tricia 5:15-6:00pm	Total Body Strength Kelley 5:15-6:10pm	SPIN! Melissa Maria 5:15-6:00pm	Total Body Strength Kelley 5:15-6:10pm		GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7am – 7pm Sun. 7am – 5pm	
	SPIN! Bonnie 6:15-7:00pm					
Body Sculpt Melissa F. 6:15-7:00pm	EP30: Core & More Kelley 6:15-6:45pm	Body Sculpt Mary 6:15-7:00pm	EP30: Core & More Melissa F. 6:15-6:45pm	Tier 1 – Basic \$49/m	CHILDCARE HOURS Mon.-Sun. 8am-12pm Tues/Wed/Thurs 4pm-7pm	
Yin Yoga Uma 7:15-8:15pm		Yoga Mary 7:15-8:15pm	SPIN! Melissa F. 7:00-7:45pm	Tier 2 – Premium \$99/m		

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