

## Group Fitness Class Schedule

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

Effective October 2025

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

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