



Group Fitness Class Schedule

www.EastpointeHealthandFitness.com

Effective June 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|--|
| | SPIN! w/Melissa S 6:00-6:45am | | SPIN! w/Melissa S 6:00-6:45am | | SPIN! w/Melissa S 7:05-7:50am | |
| Body Sculpt w/Grace 9:05-10am | Yoga w/Alice 7:45-8:45am | Body Sculpt w/Grace 8:15-9:15am | | | SPIN! Melissa Fariello 8:00-8:45am | SPIN! w/Melissa S 8:00-8:45am |
| Yoga w/ Barb 10:00-10:55am | Body Sculpt w/Becky 9:15-10:15am | Yoga-Pilates w/Heather 9:30-10:30am | Body Sculpt w/Becky 9:15-10:15am | Yoga- Pilates w/Heather 9:30-10:30am | Boot Camp w/Julia 8:00-9:00am | SPIN! w/Susan 9:00-10:00am |
| SPIN! w/Julia 11:10-11:55am | | | | SPIN! w/Melissa Maria 11:10-11:55am | Zumba w/Aleta 9:00-10:00am | Stretch & Pilates w/Tatiana 10:00-11:00am |
| Body Sculpt w/Kristine 5:15-6:00pm | Total Body Strength w/ Brian 5:15-6:15pm | Total Body Spin w/Melissa Maria 5:15-6:15 | SPIN! w/Tricia 5:15-6:00pm | SPIN! w/Melissa Maria 5:30-6:15 | Yoga w/Regina 10:00-11:00am | |
| 20/20/20 w/ Krista 6:00-7:00pm | Piloxing w/Krista 6:15-7:00pm | Yoga w/ Regina 6:00-7:15pm | 20/20/20 w/Betsy 6:00-7:00pm | | GYM HOURS Mon.-Thurs. 5am-10pm Fri. 5am-8pm Sat. 7 a.m. – 7 p.m. Sun. 7am – 5pm | |
| Zumba w/Kelley 7:00-8:00pm | Yoga for Beginners w/Barb 7:00-8:15pm | Spin! Melissa Fariello 6:15-7:00pm | Yoga w/Ursala 7:00-8:00pm | CHILDCARE Monday/Tuesday/Thursday/Friday 9am-11am Wednesday 8:15-11am Saturday 9:05am-11:05am | | |
| SPIN! w/Melissa Maria 7:00-7:45pm | SPIN! Melissa Fariello 7:15-8:00pm | | | | | |