

Eastlake Ares Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Body Pump 5:30am Katrina		Body Pump 5:30am Katrina		
		Body Pump 9:00am Racheal			Body Pump 8:15am Alissa/Denise
Silver Sneakers 9:00am Chrissy				Silver Sneakers 9:00am Racheal	
Body Pump 9:30am Lori		Silver Sneakers 10:00am Racheal		Body Pump 9:30am Sarah	
Body Pump 5:30pm Sarah		Body Pump 5:30pm Alissa/Denise			
Zumba 6:30pm DeMarco	Zumba 6:30pm DeMarco		Zumba 6:30pm DeMarco		
Karate 6:30pm		Karate 6:30pm		Karate 6:00pm	