



## Eastlake Elkhart Group Fitness Schedule

| Monday  | Tuesday   | Wednesday                                     | Thursday  | Friday                                    |
|---|---|---|---|---|
| E-Pump<br>8:00AM<br>TJ<br>Max: 18             |   | E-Pump<br>8:00AM<br>TJ<br>Max: 18             |   | E-Pump<br>8:00AM<br>TJ<br>Max: 18         |
| Senior Cardio<br>9:00AM<br>TJ<br>Max: 40      |   | Senior Cardio<br>9:00AM<br>TJ<br>Max: 40      |   | Senior Cardio<br>9:00AM<br>TJ<br>Max: 40  |
| Sports<br>Conditioning<br>9:30AM<br>Susie     | Silver<br>Sneakers<br>9:30AM<br>Kathy<br>Max:40 | Sports<br>Conditioning<br>9:30AM<br>Susie     | Silver<br>Sneakers<br>9:30AM<br>Kathy<br>Max:40 | Sports<br>Conditioning<br>9:30AM<br>Susie |
| Interval Class<br>12:00PM<br>Kathy<br>Max: 18 |   | Interval Class<br>12:00PM<br>Kathy<br>Max: 18 |   |   |
|   | Strength/End<br>5:30PM<br>Susie<br>Max:         |   | Strength/End<br>5:30PM<br>Susie<br>Max: 18      |   |

For any questions regarding group fitness classes, memberships, or other inquiries; please contact us at **(574)264-0611** or **[elkhart@eastlakeclubs.com](mailto:elkhart@eastlakeclubs.com)**!