

Eastlake Nappanee Group Fitness Schedule



2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bootcamp 5:30AM-6:30AM	EPUMP 9AM-10AM Silver Sneakers 10:15AM-11:15AM	Bootcamp 5:30AM-6:30AM Pilates (Virtual) 9AM-10AM	Yoga 8AM-9AM Strength & Conditioning 9AM-10AM Silver Sneakers 10:15AM-11:15AM		
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Class Descriptions:

Bootcamp – Work at your own pace as you move through a series of strength training, balance, and functional movements.

EPUMP – Full body strength training, working all major muscle groups using a barbell and weights.

Silver Sneakers – Designed for seniors but open to anyone. Focusses on light aerobics, strengthening muscles, and increasing range of motion for daily activities.

Pilates – Low impact class using body resistance along with light weights and a yoga mat. Focusses on balance and increasing flexibility.

Yoga – Mind & body class focusing on reducing stress and holding stretching poses that align the body, mind, and breath.

Strength & Conditioning – Functional training focusing on cardio conditioning with various equipment.

Eastlake Members: All classes are FREE!
Non-Members: \$7 per class – First class is FREE!