



CLASSES SCHEDULE: PEAK FITNESS

Rev. 11-27-20

	M	TU	W	TH	F	SA	SU
5:30 AM	Body Sculpting ** Danielle ** FREE to members ONLY		ABC Aerobics ** Danielle ** FREE to members ONLY				
8:30 AM	Cardio & Strength ** Rachell **		Peak Pump ** Rachell **		Cardio & Pilates ** Rachell **	* Spinning ** Chris **	
10:00 AM						Zumba ** Francine **	
11:00 AM	Chair Yoga ** Melinda **					Yoga ** Alexis **	Yoga ** Breanna **
5:30 PM		Zumba ** Francine **				CLUB HOURS: M-Th 5 am - 9 pm Fri 5 am - 8 pm Sat / Sun 8 am - 5 pm	
6:00 PM			* Spinning ** Chris **				
7:00 PM	Zumba ** Cesar **		Zumba ** Cesar **	Zumba ** Alicia **			

CLASSES ARE BEING ADDED AS INSTRUCTORS BECOME AVAILABLE!

* Spinning w/Chris (Wed/Sat): **TRY** the class **FOR FREE**

Classes are \$5.00 each for members

CALL: 317-257-6218



5028 E. 62nd St. Indianapolis 46220
(North of Blind Owl Brewery in strip mall)

Instagram: peakperformfit
Facebook: facebook.com/PeakFitnessIndy
www.peakperformancefitnesscenter.com

Voted #1 Gym on Indy's A-List 2011-2017 !!
(No A-List voting 2018-2020)