



CLASSES SCHEDULE: PEAK FITNESS

Rev. 1-20-2022

M	TU	W	TH	F	SA	SU
5:30am Body Sculpting * Danielle * FREE to members		5:30am ABC Aerobics * Danielle * FREE to members	7:30am ★ *Aerobics / Cardio* FREE TO ALL			
8:00am Strength * Rachell *		8:00am Peak Pump * Rachell *		8:00am Pilates * Rachell *	8:30am *Spinning * Chris *	
11:00am Chair Yoga * Melinda *					10:00am Zumba * Francine *	11:15am Yoga * Sarah *
	5:30pm Zumba * Francine *		5:30pm Yoga (Vinyasa) * Sarah *	5:30pm Gentle Yoga * Sarah *		
6:00pm Zumba * Cesar * \$10 non-members		6:00pm Spinning * Chris *				
		7:00pm Zumba * Cesar * \$10 non-members	7:00pm Zumba * Alicia *			
		8:00pm Hip-Hop Fitness				

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 New attendees: call
 Amy 317-408-7118 to
 verify class time

CLASSES
 ARE BEING
 ADDED AS
 INSTRUCTORS
 BECOME
 AVAILABLE!



CLUB HOURS:
 M-Th 5 am - 9 pm
 Fri 5 am - 8 pm
 Sat / Sun 8 am - 5 pm



CALL: 317-257-6218

5030 E. 62nd St. Indianapolis 46220
 (North of Blind Owl Brewery in strip mall)

Voted
 #1 Gym on
 Indy's A-List
 2011-2017 !!
 (No A-List voting
 2018-2021)

Classes are \$5.00 each for members and non-members unless otherwise noted above. Pay cash directly to the class instructors prior to class.