



CLASSES SCHEDULE: PEAK FITNESS

Rev. 3-9-2022

M	TU	W	TH	F	SA	SU
5:30am Body Sculpting * Danielle * FREE to members		5:30am ABC Aerobics * Danielle * FREE to members	<div style="text-align: center;"></div> 7:30am *Aerobics / Cardio* FREE TO ALL			
8:30am Strength * Rachell *		8:30am Peak Pump * Rachell *		8:30am Pilates * Rachell *	8:30am *Spinning * Chris *	
11:00am Chair Yoga * Melinda *					10:00am Zumba * Francine *	11:15am Yoga * Sarah * \$10 <div style="text-align: right;">fee</div>
	5:30pm Zumba * Francine *		5:30pm Yoga (Vinyasa) * Sarah *	5:30pm Gentle Yoga * Sarah *	Text 317-408-7118 to verify class time <div style="text-align: center;"></div>	
6:00pm Zumba * Cesar * \$10 non-members		6:00pm Spinning * Chris *			<div style="text-align: center;"></div> CLUB HOURS: M-Th 5 am - 9 pm Fri 5 am - 8 pm Sat/Sun 8 am - 5 pm	
		7:00pm Zumba * Cesar * \$10 non-members	7:00pm Zumba * Alicia *			
		8:00pm Hip-Hop Fitness				



CALL: 317-257-6218

5030 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
 2018-2021)**

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