



DECEMBER 2022 SCHEDULE

CYCLE | GROUP EXERCISE
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

EFC DECEMBER 2022 SCHEDULE

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

LES MILLS
RPM

Marcy (45)



Maria (45)



Kelly J. (45)

9:00a



Cynthia (45)



Amber (45)



Kelly J. (45)



Tanya (45)



Cynthia (45)

LES MILLS
RPM

Marcy /
Jennifer S. (45)

10:00a

CYCLE / RPM

Mackenzie /
Cynthia (45)

AFTERNOON

2:00p

LES MILLS
RPM

Donna /
Marcy (45)

6:00p



Maria (45)



Cynthia (45)



Maria (45)





EFC DECEMBER 2022 SCHEDULE

GROUP EX STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS
BODYPUMP

Jennifer S. (55)

5:45a

 **HIIT**

Libby (40)

9:00a

LES MILLS
BODYJAM

Kim Jensen (55)

LES MILLS
BODYPUMP

Carrie W.. (55)

LES MILLS
BODYSTEP ATHLETIC

Megan (55)

LES MILLS
BODYPUMP

Meg Retrum (55)

LES MILLS
BODYCOMBAT

Lara (55)

WERQ
dance · fitness · workout

Patrice (55)

10:00a

LES MILLS
BODYPUMP

Megan A. (55)

ZUMBA

Tamika (55)

TABATA
CARDIO BAG

Mary (60) | Octagon

LES MILLS
BODYPUMP

Kelly (55)

MUSCLE &
GROOVE

Kelly Richardson (55)

TABATA
CARDIO BAG

Cynthia (60) | Octagon

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Alt. (55)

11:00a

ZUMBA

Tamika (55)

tone

Nassab (45)

Bellydance Cardio

Nassab (55)

 **SIMPLYFIT**

Cynthia (45)

WERQ
dance · fitness · workout

Patrice (55)

ZUMBA

Alt. (55)

AFTERNOON

4:30p

MUSCLE
WORKS

Cynthia (55)

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Georgie (55)

5:30p

LES MILLS
BODYCOMBAT

Anna (55)

LES MILLS
BODYPUMP

Sandra (55)

LES MILLS
BODYCOMBAT

Jessica (55)

LES MILLS
BODYPUMP

April (55)

6:30p

DANCE & CORE

Nijya (55)

 **fight fit**

Derek (60) | Octagon

X-TREME
HIP-HOP with

Tujuana (55)

ZUMBA

Alfred (55)

 **fight fit**

Derek (60) | Octagon

ZUMBA

Angie (55)



EFC DECEMBER 2022 SCHEDULE

ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

M O R N I N G

5:30a

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

SUNRISE
SALUTATION
Diana E. (60)

8:00a

VINYASA FLOW
Christina (55)

HATHA YOGA
Kelly J. (55)

RISE & SHINE
YIN*
Christina. (55)

YOGA STRENGTH
& FLOW
Diana E. (55)

9:00a

PILATES
Jane (55)

TOTAL BARRE
Catherine (55)

BARRELATES
Mary (55)

YOGA
Jessica Y. (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary/Maria (55)

10:00a

LES MILLS
CORE
Carrie W. (30)

SLOW FLOW
VINYASA
Christina (55)

TOTAL
BARRE
Aubrie S. (55)

bootybarre
Jane (55)

VINYASA
FLOW
Christina (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Libby (55)

LES MILLS
BODYBALANCE
Kelly R. (55)

S-T-R-E-T-C-H
& RELAX
Jane (55)

LES MILLS
BODYBALANCE
Alt. (55)

HOT
VINYASA
Christina (60)

12:00p

YIN YOGA
Christina (60)

YIN YOGA
Christina (60)

A F T E R N O O N

12:30p

4:30p

PILATES
Beverly (55)

PILATES
Jane (55)

5:30p

TOTAL BARRE
Alt (55)

bootybarre
Beverly (55)

YOGA
Grace (55)

6:00p

HOT BARRE
EXPRESS
Aubrie (45)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



EFC DECEMBER 2022 SCHEDULE

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KIDS DANCE

Nanani (45)
Zen Studio

KID FIT

Andrea (45)
Zen Studio



EFC DECEMBER 2022 SCHEDULE

RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS GRIT STRENGTH
Kia (30)

LES MILLS GRIT CARDIO
Kia (30)

5:45a

HIIT
Jermel (40)

HIIT
Jermel (40)

HIIT
Libby (40)

8:00a

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

9:00a

SYNERGY
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Catherine (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

BOOTCAMP
Catherine (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

THE PLAYGROUND
Ian (60)

TABATA BOOTCAMP
Megan (60)

LES MILLS GRIT STRENGTH
Alt. (30)

SYNERGY
Kari (60)

10:00a

BOOTCAMP
Mary (60)

LES MILLS GRIT STRENGTH
Lara (30)

BOOTCAMP
Catherine (60)

LES MILLS GRIT STRENGTH
Kim J (30)

BOOTCAMP
Mary (60)

TABATA BOOTCAMP
Alt. (60)

EVENING

4:00p

TABATA BOOTCAMP
Sohailla (60)

4:30p

TABATA BOOTCAMP
Mary (60)

TABATA BOOTCAMP
Mary (60)

5:00p

LES MILLS GRIT STRENGTH
Dana (30)

LES MILLS GRIT STRENGTH
Dana (30)

5:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Jermel (60)

THE PLAYGROUND
Bray (60)

THE PLAYGROUND
Bray (60)

6:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Kari (60)

SYNERGY
Kari (60)

SYNERGY
Amanda W. (60)