



SEPTEMBER 2023 SCHEDULE

CYCLE | GROUP EXERCISE
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

EFC SEPT 2023 SCHEDULE

GROUP X STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS
BODYPUMP

Jennifer S. (55)

LES MILLS
BODYPUMP

Jennifer S. (55)

5:45a

HIIT

Libby (40)

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

Emily (55)

LES MILLS
BODYCOMBAT

Lara (55)

WERQ
dance · fitness · workout

Patrice (55)

10:00a

LES MILLS
BODYPUMP

Megan A. (55)

ZUMBA

Jamie (55)

LES MILLS
BODYPUMP

Paula (55)

MUSCLE &
GROOVE

Kelly Richardson (55)

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Alt (55)

10:15a

TABATA
CARDIO BAG

Mary (45)
Heavy Bag Studio

TABATA
CARDIO BAG

Mary (45)
Heavy Bag Studio

11:00a

ZUMBA

Tamika (55)

MUSCLE
WORKS

Kelly Richardson (55)

ZUMBA

Tamika (55)

SIMPLYFIT

Cynthia (45)

WERQ
dance · fitness · workout

Patrice (55)

ZUMBA

Alt. (55)

AFTERNOON

4:30p

LES MILLS
BODYPUMP

Megan (55)

LES MILLS
BODYPUMP

Nika (55)

5:30p

LES MILLS
BODYCOMBAT

Anna (55)

LES MILLS
BODYPUMP

Dana (55)

TABATA
 CARDIO BAG
Mary (60) |
Heavy Bag Studio

LES MILLS
BODYPUMP

April (55)

6:30p

DANCE & CORE

Nijya (55)

fight fit

Derek (60)
Heavy Bag Studio

X-TREME
HIP-HOP with

Tijuana (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)



EFC SEPT 2023 SCHEDULE

CYCLE STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:00a



5:30a



9:00a



10:00a



CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

2:00p



5:00p



5:30p



6:30p



EFC SEPT 2023 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
Maria (55)

HATHA YOGA
Kelly J. (55)

RISE & SHINE
YIN*
Grace. (55)

YOGA STRENGTH
& FLOW
Diana E. (55)

8:15a

FOAM ROLLING
Catherine (30)

9:00a

PILATES
Jane (55)

TOTAL BARRE
Catherine (55)

BARRELATES
Mary (55)

YOGA
Jessica Y. (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary/Maria (60)

TOTAL BARRE
Aubrie S. (60)

9:15a

LES MILLS
CORE
Jeannie (30)

10:00a

LES MILLS
CORE
Carrie W. (30)

SLOW FLOW
VINYASA
Andrea (55)

TOTAL
BARRE
Aubrie S. (55)

bootybarre
Jane (55)

VINYASA
FLOW
Nanani (55)
LES MILLS
CORE
Libby/ Emily (30)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Libby (55)

LES MILLS
BODYBALANCE
Paula. (55)

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

LES MILLS
BODYBALANCE
Alt. (55)

HOT
VINYASA
Diana (55)

HOT
VINYASA
Elsie (60)

12:00p

YIN YOGA
Diane (60)

12:30p

YIN YOGA
Alexis (60)

A F T E R N O O N

4:00p

LES MILLS
CORE
Dana (30)

4:30p

PILATES
Beverly (55)

PILATES
Jane (55)

5:30p

TOTAL BARRE
Alt (55)

bootybarre
Beverly (55)

YOGA
Grace (55)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



* WEDNESDAY AND FRIDAY LM CORE CLASSES WILL BE HELD IN STUDIO
NEXT TO THE CYCLE ROOM.

** FOAM ROLLING CLASS HELD IN STUDIO NEXT TO THE CYCLE ROOM.

EFC SEPT 2023 SCHEDULE

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KID FIT

(45)
Zen Studio

KID FIT

Maria/Megan (45)
Zen Studio



EFC SEPT 2023 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
Kelly Richardson (40)

HIIT
Libby (40)

8:00a

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Mary (60)

THE PLAYGROUND
Kim (60)

THE PLAYGROUND
Alt (60)

9:00a

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Catherine (60)

TABATA BOOTCAMP
Megan (60)

LES MILLS GRIT STRENGTH
Alt. (30)

THE PLAYGROUND
Jermel (60)

THE PLAYGROUND
Kim J (60)

THE PLAYGROUND
Kim J (60)

SYNERGY
Kari (60)

10:00a

BOOTCAMP
Mary (60)

LES MILLS GRIT STRENGTH
Lara (30)

BOOTCAMP
Catherine (60)

LES MILLS GRIT STRENGTH
Kim Jensen (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
Jermel (60)

BOOTCAMP
Jermel (60)

6:30p

BOOTCAMP
Jermel (60)

SYNERGY
Kari (60)

SYNERGY
Amanda W. (60)

EFC SEPT 2023 SCHEDULE

PUSH STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:00a

PUSH
ZONE
Mary (60)

PUSH
ZONE
Mary (60)

PUSH
ZONE
Mary (60)

8:00a

PUSH
ZONE
Kelly (60)

PUSH
ZONE
Mary (60)

9:00a

PUSH
ZONE
Mary (60)

PUSH
ZONE
Dana (60)

PUSH
ZONE
Kim (60)

9:15a

PUSH
ZONE
Kelly (60)

PUSH
ZONE
Mary (60)

10:00a

PUSH
ZONE
Alt (60)

10:15a

PUSH
ZONE
Kim (60)

PUSH
ZONE
Tiffany (60)

PUSH
ZONE
Tiffany (60)

EVENING

4:00p

PUSH
ZONE
Dana (60)

PUSH
ZONE
Tiffany (60)

5:00p

PUSH
ZONE
Mary (60)

PUSH
ZONE
Kelly (60)

6:00p

PUSH
ZONE
Mary (60)

PUSH
ZONE
Nika (60)

6:30p

PUSH
ZONE
Jeannie/ Dana (60)

PUSH
ZONE
Dana (60)

