



DECEMBER 2023 **SCHEDULE**

CYCLE | GROUP EXERCISE
ZEN | RESULTS | KIDFIT

SWIPE FOR TIMES >>>

EFC DEC 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



6:00p



6:30p



EFC DEC 2023 SCHEDULE

GROUP X STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:00a

**MUSCLE
WORKS**

Kelly Richardson (55)

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

Patrice (55)

10:00a

**LES MILLS
BODYPUMP**

Megan A. (55)

ZUMBA

Jaime (55)

STRENGTH
DEVELOPMENT

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)

**LES MILLS
BODYJAM**

Kim Jensen (55)

SIMPLYFIT

Cynthia (45)

WERQ

Patrice (55)

ZUMBA

Alt. (55)

AFTERNOON

4:30p

**LES MILLS
BODYPUMP**

Megan (55)

**LES MILLS
BODYPUMP**

Nika (55)

5:30p

**LES MILLS
BODYPUMP**

April (55)

**LES MILLS
BODYPUMP**

Dana (55)

**TABATA
CARDIO BAG**

Mary (45)

Heavy Bag Studio

**LES MILLS
BODYCOMBAT**

Andria (55)

**LES MILLS
BODYCOMBAT**

Anna (55)

6:30p

DANCE & CORE

Nijya (55)

fight fit

Derek (60)

Heavy Bag Studio

**X-TREME
HIP-HOP**

Tijuana (55)

ZUMBA

Alfred (55)

ZUMBA

Angie (55)



EFC DEC 2023 SCHEDULE

ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

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

CORE30
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
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Jeannie (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)

FOAM ROLLING
Catherine (30)

12:00p

YIN YOGA
Diane (60)

12:30p

YIN YOGA
Alexis (60)

AFTERNOON

4:30p

PILATES
Jane (55)

PILATES
Jane (55)

5:30p

TOTAL BARRE
Alt (55)

bootybarre
Tiffany (55)

LES MILLS
CORE
Dana (30)

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.

EFG DEC 2023 SCHEDULE

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:30p

KID FIT

(45)
Zen Studio

KID FIT

(45)
Zen Studio



EFC DEC 2023 SCHEDULE RESULTS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

LES MILLS GRIT STRENGTH
Kia (30)

LES MILLS GRIT STRENGTH
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)

9:00a

BOOTCAMP
Catherine (60)

BOOTCAMP
Mary (60)

BOOTCAMP
Catherine (60)

BOOTCAMP
Catherine (60)

THE PLAYGROUND
Kim (60)

THE PLAYGROUND
Alt (60)

THE PLAYGROUND
Sarah (60)

THE PLAYGROUND
Kim J (60)

THE PLAYGROUND
Kim J (60)

BOOTCAMP
Megan (60)

LES MILLS GRIT STRENGTH
Alt. (30)

HIIT
Kari (30)

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

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)

EFC DEC 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
Tiffany (60)

PUSH
ZONE
Tiffany (60)

PUSH
ZONE
Tiffany (60)

EVENING

4:30p

PUSH
ZONE
Dana (60)

PUSH
ZONE
Tiffany (60)

5:00p

PUSH
ZONE
Nika (60)

PUSH
ZONE
Kelly (60)

6:00p

PUSH
ZONE
Kari (60)

PUSH
ZONE
Nika (60)

6:30p

PUSH
ZONE
Jeannie (60)

PUSH
ZONE
Amanda (60)

