

JULY



2024

CYCLE | GROUP EXERCISE | ZEN
RESULTS | KIDFIT | PUSH

SWIPE FOR TIMES >>>

EFC JULY 2024 SCHEDULE

CYCLE STUDIO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

5:30a


CYCLE
Kelly J. (45)

9:00a


CYCLE
Cynthia (45)


CYCLE
Amber (45)


CYCLE
Kelly J. (45)


CYCLE
Tanya (45)


CYCLE
Cynthia (45)

LES MILLS
RPM
Marcy /
Jennifer S. (45)

10:00a


Dana (60)


Julia (60)

CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

5:30p


Maria/Dana (60)

LES MILLS
sprint
Kim (30)

LES MILLS
sprint
Kim (30)



EFC JULY 2024 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)

HIGH
FITNESS
Janie (55)

LES MILLS
BODYPUMP
Emily (55)

LES MILLS
BODYCOMBAT
Lara (55)

WERQ **LES MILLS**
BODYJAM
Cardio
Bellydance HIGH FITNESS
(Alternating Classes)

10:00a

LES MILLS
BODYPUMP
Megan A. (55)

WERQ
dance fitness workout
Nanani (60)

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

11:00a

ZUMBA
Tamika (55)

MUSCLE
WORKS
Kelly Richardson (55)

 **SIMPLYFIT**
Cynthia (45)

WERQ
dance fitness workout
Patrice (55)

ZUMBA
Alt. (55)

11:15a

ZUMBA
Angela. (55)

AFTERNOON

4:30p

LES MILLS
BODYPUMP
Megan (55)

LES MILLS
BODYPUMP
Nika (55)

5:30p

LES MILLS
BODYPUMP
April (55)

LINE DANCING
Pam (55)

LES MILLS
BODYCOMBAT
Andria (30)

FAMILY
ZUMBA
Gwen (55)

6:00p

LES MILLS
BODYPUMP
Andria (30)

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 JULY 2024 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)

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)

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)

YOGA
Paula (45)

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

HOT
VINYASA
Elsie (60)

AFTERNOON

4:30p

PILOXING
Barbara (55)

PILATES
Jane (55)

PILATES
Jane (55)

5:30p

TOTAL BARRE
Alt (55)

bootybarre
Tiffany (55)

YOGA
Grace (55)

6:00p

HOT VINYASA
Diane (60)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



EFC JULY 2024 SCHEDULE

KIDS FITNESS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

4:45p

KID FIT
(45)
Group Ex Studio

KID FIT
(45)
Zen Studio



EFC JULY 2024 SCHEDULE

RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

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)

 **BOOTCAMP**
Megan (60)

 **LES MILLS GRIT** STRENGTH
Alt. (30)

 **THE PLAYGROUND**
Kim J (60)

 **THE PLAYGROUND**
Kim J (60)

 **HIIT**
Kari (60)

10:00a

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **TABATA BOOTCAMP**
Alt. (60)

EVENING

4:00p

 **TABATA BOOTCAMP**
Sohailla (60)

4:30p

 **BOOTCAMP**
Kari (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**
LEG DAY
Jermel (30)

 **BOOTCAMP**
Kari (60)

6:30p

 **THE PLAYGROUND**
Sarah (60)



EFC JULY 2024 SCHEDULE

PUSH STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:00a

••push
fitness zone
Mary (60)

••push
fitness zone
Mary (60)

••push
fitness zone
Mary (60)

6:30a

••push
fitness zone
Mary (60)

8:00a

••push
fitness zone
Kelly (60)

••push
fitness zone
Mary (60)

9:00a

••push
fitness zone
Mary (60)

••push
fitness zone
Dana (60)

••push
fitness zone
Kim (60)

9:15a

••push
fitness zone
Kelly (60)

••push
fitness zone
Mary (60)

10:00a

••push
fitness zone
Alt (60)

10:15a

••push
fitness zone
Tiffany (60)

••push
fitness zone
Tiffany (60)

••push
fitness zone
Tiffany (60)

EVENING

3:00p

••push
fitness zone
Alt (60)

5:00p

••push
fitness zone
Nika (60)

••push
fitness zone
Kelly (60)

5:30p

••push
fitness zone
Kari (60)

••push
fitness zone
Jermel (60)

6:30p

••push
fitness zone
Jeannie (60)

••push
fitness zone
Amanda (60)