

SEPTEMBER  
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SEPTEMBER



**SEPTEMBER** 2024

SWIPE FOR TIMES >>>

CYCLE | GROUP EXERCISE | ZEN  
RESULTS | KIDFIT | PUSH

# EFC SEPTEMBER 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)

**LES MILLS  
BODYCOMBAT**  
Sabrina (55)

**LES MILLS  
BODYPUMP**  
Emily (55)

**LES MILLS  
BODYCOMBAT**  
Lara (55)

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

10:00a

**LES MILLS  
BODYPUMP**  
Megan A. (55)

**WERQ**  
Nanani (60)

**LES MILLS  
BODYPUMP**  
Paula (55)

MUSCLE &  
GROOVE  
Kelly Richardson (55)

**LES MILLS  
BODYPUMP**  
Megan (55)

**LES MILLS  
BODYPUMP**  
Alt (55)

11:00a

**ZUMBA**  
Gwen (55)

**MUSCLE  
WORKS**  
Kelly Richardson (55)

**SIMPLYFIT**  
Cynthia (45)

**WERQ**  
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 (45)

**LES MILLS  
BODYPUMP**  
Dana (45)

6:30p

**DANCE & CORE**  
Nijya (55)

MUSCLE &  
GROOVE  
Kelly Richardson (55)

**ZUMBA**  
Alfred (55)

**ZUMBA**  
Angie (55)



# EFC SEPTEMBER 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)

FOAM ROLLING  
Catherine (30)

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)

TOTAL BARRE  
Marie (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 SEPTEMBER 2024 SCHEDULE

## KIDS FITNESS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

KID FIT

(45)  
Zen Studio

4:45p



# EFC SEPTEMBER 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  
Janie (60)

•• push  
fitness zone  
Dana (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  
Sareena (60)

6:30p

•• push  
fitness zone  
Kari (60)

•• push  
fitness zone  
Amanda (60)



# EFC SEPTEMBER 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

CYCLE / RPM  
Mackenzie /  
Cynthia (45)

5:30p

**LES MILLS**  
**sprint**  
Kim (30)

  
**CYCLE**  
Kim (30)



# EFC SEPTEMBER 2024 SCHEDULE

# RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## MORNING

5:45a

 **HIIT**  
Jermel (40)

 **HIIT**  
Jovonna (40)

 **HIIT**  
Libby (40)

8:00a

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Mary (60)

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Megan (60)

 **BOOTCAMP**  
Mary (60)

 **THE PLAYGROUND**  
Kim J (60)

9:00a

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Mary (60)

 **THE PLAYGROUND**  
Kim J (60)

 **BOOTCAMP**  
Catherine (60)

 **BOOTCAMP**  
Catherine (60)

 **THE PLAYGROUND**  
Kim J (60)

 **BOOTCAMP**  
Mary (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**  
Jermel (60)

