



NOV
11



20
24

CYCLE | GROUP EXERCISE | ZEN
RESULTS | KIDFIT | PUSH

SWIPE FOR TIMES »







EFC NOVEMBER 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)

AFTERNOON

5:30p	 CYCLE Susan (45)		 CYCLE Kim (30)



EFC NOVEMBER 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
Tamika (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
Dana (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 NOVEMBER 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 Lorina 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)		BARRELATES 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 NOVEMBER 2024 SCHEDULE

KIDS FITNESS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AFTERNOON

KID FIT

(45)

Zen Studio

4:45p



EFC NOVEMBER 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 Sareena (60)		•• push fitness zone Kelly (60)				
5:30p		•• push fitness zone Kari (60)		•• push fitness zone Sareena (60)			
6:00p	•• push fitness zone Kari (60)		•• push fitness zone Amanda (60)				



EFC NOVEMBER 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
Mary (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)

THE PLAYGROUND
Kim J (60)

HIIT
Kari (60)

10:00a

BOOTCAMP
Mary (60)

Foam Rolling
Catherine (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)

5:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

