



FEB
2025

CYCLE | GROUP EXERCISE | ZEN
RESULTS | PUSH

SWIPE FOR TIMES »

EFC FEBRUARY 2025 SCHEDULE

CYCLE STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a


CYCLE
Jennifer (45)

9:00a


CYCLE
Cynthia (45)


CYCLE
Amber (45)


CYCLE
Kelly J. (30)


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 FEBRUARY 2025 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
AEROBICS**
Janie (55)

**LES MILLS
BODYPUMP**
Emily (55)

**LES MILLS
BODYCOMBAT**
Lara (55)

WERQ
ZUMBA **LES MILLS
BODYJAM**
HIGH AEROBICS
(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

ZUMBA
Alfred (55)

ZUMBA
Angie (55)



EFC FEBRUARY 2025 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
Rachel (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)

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
Maria (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 FEBRUARY 2025 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)
9:00a	 BOOTCAMP Catherine (60)	 BOOTCAMP Mary (60)	 BOOTCAMP Catherine (60)	 BOOTCAMP Catherine (60)	 BOOTCAMP Kim (60)	 HIIT Kari (60)
10:00a		 BOOTCAMP Kim J (60)	Foam Rolling Catherine (60)	 BOOTCAMP Kim J (60)	 BOOTCAMP Mary (60)	 TABATA BOOTCAMP Alt. (60)
	EVENING					
4:00p						
4:30p	 TABATA BOOTCAMP Sohailla (45)		 BOOTCAMP Kari (60)			
5:00p						
5:30p	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)	 BOOTCAMP Jermel (60)		



EFC FEBRUARY 2025 SCHEDULE

PUSH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:00a	 Mary (60)		 Mary (60)		 Mary (60)		
6:30a						 Mary (60)	
8:00a		 Kelly (60)		 Mary (60)			
8:30a						 Atl (60)	
9:00a	 Mary (60)		 Dana (60)		 Dana (60)		
9:15a		 Kelly (60)		 Mary (60)			
10:00a						 Alt (60)	
10:15a	 Tiffany (60)		 Tiffany (60)				
	EVENING						
3:00p							 Alt (60)
5:00p	 Sareena (60)		 Kelly (60)				
5:30p		 Kari (60)		 Sareena (60)			
6:00p	 Kari (60)		 Amanda (60)				