



APRIL

2025



SWIPE FOR TIMES >>

CYCLE | GROUP EXERCISE | ZEN
RESULTS | PUSH



EFC APRIL 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 (45)



EFC APRIL 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 **LES MILLS**
ZUMBA **BODYJAM**
HIGH AEROBICS
(Alternating Classes)

10:00a

LES MILLS
BODYPUMP
Megan A. (55)

WERQ
Nanani (55)

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 (60)

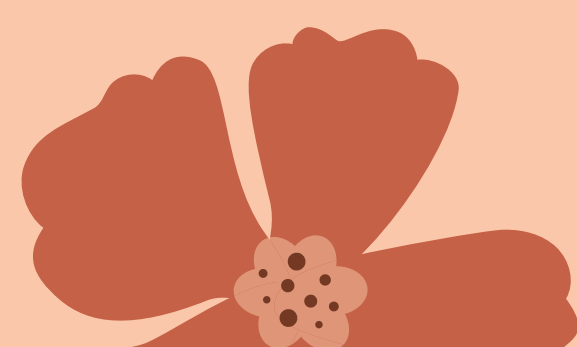
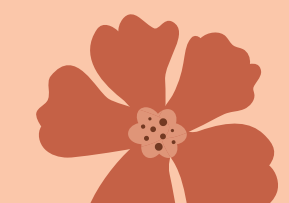
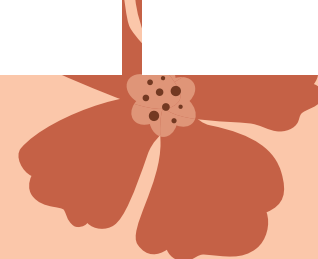
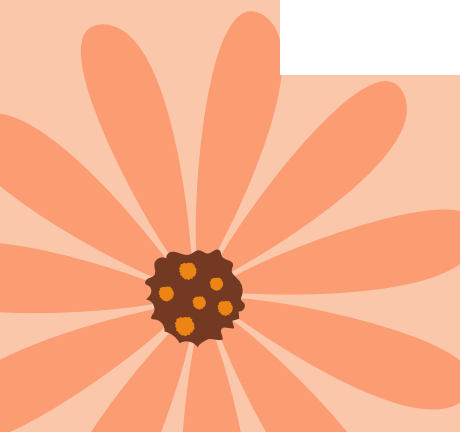
LES MILLS
BODYCOMBAT
Andria (45)

LES MILLS
BODYPUMP
Dana (45)

6:30p

ZUMBA
Alfred (55)

ZUMBA
Angie (55)



EFC APRIL 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. (55)

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)

HOT
VINYASA
Diana (55)

HOT
VINYASA
Elsie (60)

12:00p

YIN YOGA
Diane (60)

12:30p

HOT
VINYASA
Elsie (60)

AFTERNOON

4:30p

PILATES
Jane (55)

5:30p

VINYASA FLOW
Tacha (60)

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 APRIL 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)

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 (30)

BOOTCAMP
Kim J (60)

BOOTCAMP
Mary (60)

**TABATA
BOOTCAMP**
Alt. (60)

EVENING

4:00p

4:30p

BOOTCAMP
Kari (60)

5:00p

5:30p

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)

BOOTCAMP
Jermel (60)



EFC APRIL 2025 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)			
8:30a						•• push fitness zone Atl (60)	
9:00a	•• push fitness zone Mary (60)		•• push fitness zone Dana (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)						
	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)				

