



CYCLE | GROUP EXERCISE | ZEN
RESULTS | PUSH

SWIPE FOR TIMES >>

EFC MAY 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 MAY 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 (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 MAY 2025 SCHEDULE

ZEN STUDIO



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

FIRE AND FLOW
Diana E. (60)

FIRE AND FLOW
Diana E. (60)

FIRE AND FLOW
Diana E. (60)

FIRE AND FLOW
Diana E. (60)

FIRE AND FLOW
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
Kathy (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
Diane (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 MAY 2025 SCHEDULE

RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

 **HIIT**

Jermel (40)

 **HIIT**

Jovonna (40)

 **HIIT**

Libby (40)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Mary (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Catherine (60)

 **BOOTCAMP**

Kim (60)

 **HIIT**

Kari (60)

 **BOOTCAMP**

Kim (60)

Foam Rolling

Catherine (30)

 **BOOTCAMP**

Kim (60)

 **BOOTCAMP**

Mary (60)

 **TABATA
BOOTCAMP**

Alt. (60)

EVENING

4:00p

4:30p

5:00p

5:30p

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Jermel (60)

 **BOOTCAMP**

Kari (60)



EFC MAY 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 Mary (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)				