



JULY

2025

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE FOR TIMES >>

EFC JULY 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

Dana (45)



CYCLE

Cynthia (45)

10:00a

CYCLE / RPM

Mackenzie /
Cynthia (45)

AFTERNOON

5:30p



CYCLE

Susan (45)



CYCLE

Kim (45)



EFC JULY 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)

ZUMBA
Dylan (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)

ZUMBA
Gwen (55)

LES MILLS
BODYCOMBAT
Andria (45)

LES MILLS
BODYPUMP
Dana (45)

6:30p

ZUMBA
Nassab (55)

ZUMBA
Angie (55)



EFC JULY 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)

ASHTANGA
VINYASA YOGA
Charvi (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Dana (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

TOTAL BARRE
Maria (55)

6:00p

YOGA
Tacha (55)

HOT VINYASA
Diane (60)

YOGA
Grace (55)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)



EFC JULY 2025 SCHEDULE

RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

 **HIIT**

Jermel (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)

 **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 JULY 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 Atl (60)	
10:15a	••push fitness zone Mary (60)						
	EVENING						
3:00p							••push fitness zone Atl (60)
5:00p	••push fitness zone Sareena (60)		••push fitness zone Sung (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 JULY 2025 SCHEDULE

PILATES

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



MORNING

6:30a			STRETCH Nanani (50)				
7:30a						BEGINNER Atl (60)	
8:30a			BEGINNER Pamela (50)		BEGINNER Blessie (50)		
9:00a						OPEN Atl (50)	
9:30a	OPEN Mimi (50)		OPEN Pamela (50)	OPEN Blessie (50)	BEGINNER Blessie (50)		
10:30a	BEGINNER Mimi (50)	BEGINNER Diana (50)		BEGINNER Blessie (50)			
11:30a		STRETCH Diana (50)					

EVENING

4:30p	BEGINNER Will (50)		BEGINNER Kisha (50)		BEGINNER Javi (50)		
5:30p	BEGINNER Will (50)		BEGINNER Kisha (50)		STRETCH Javi (50)		
6:30p		OPEN Will (50)		BEGINNER Javi (50)			
7:30p		BEGINNER Will (50)		OPEN Javi (50)			

STARTING JULY 7TH