



august 2025

cycle | group exercise

zen | results | push | pilates

swipe for times >>

EFC AUG 2025 SCHEDULE

CYCLE STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a

9:00a

10:00a


CYCLE
Cynthia (45)


CYCLE
Amber (45)


CYCLE
Kelly J. (30)


CYCLE
Dana (45)


CYCLE
Jennifer (45)


CYCLE
Cynthia (45)

CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

5:30p


CYCLE
Susan (45)


CYCLE
Kim (45)



EFC AUG 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)

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)

tone
Nassab (55)

6:30p

ZUMBA
Nassab (55)

ZUMBA
Angie (55)



EFC AUG 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 AUG 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 AUG 2025 SCHEDULE

PUSH STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

•• push
fitness zone
Mary (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Kelly (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Atl (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Dana (60)

•• push
fitness zone
Dana (60)

•• push
fitness zone
Kelly (60)

•• push
fitness zone
Mary (60)

•• push
fitness zone
Atl (60)

•• push
fitness zone
Mary (60)

EVENING

•• push
fitness zone
Atl (60)

•• push
fitness zone
Sareena (60)

•• push
fitness zone
Sung (60)

•• push
fitness zone
Kari (60)

•• push
fitness zone
Sareena (60)

•• push
fitness zone
Kari (60)

•• push
fitness zone
Amanda (60)

5:00a

6:30a

8:00a

8:30a

9:00a

9:15a

10:00a

10:15a

3:00p

5:00p

5:30p

6:00p

50
MINS
TO A NEW YOU

EFC AUG 2025
SCHEDULE

Pilates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
⬇	MORNING						
6:30a	OPEN Janae (50)	OPEN Janae (50)	STRETCH Nanani (50)	BEGINNER Nanani (50)			
7:30a	STRETCH Janae (50)	BEGINNER Janae (50)	BEGINNER Pamela (50)	STRETCH Emily (50)	OPEN Emily (50)	BEGINNER Atl (60)	
8:30a			BEGINNER Pamela (50)	BEGINNER Emily (50)	BEGINNER Blessie (50)		
9:00a						OPEN Atl (50)	
9:30a	OPEN Mimi (50)	OPEN Diana (50)	OPEN Pamela (50)	OPEN Blessie (50)	BEGINNER Blessie (50)		STRETCH Diana (50)
10:30a	BEGINNER Mimi (50)	BEGINNER Diana (50)	STRETCH Pamela (50)	BEGINNER Blessie (50)	OPEN Blessie (50)		OPEN Diana (50)
11:30a	OPEN Mimi (50)	STRETCH Diana (50)		STRETCH Blessie (50)			
	EVENING						
4:30p	BEGINNER Will (50)		BEGINNER Kisha (50)	OPEN Javi (50)	BEGINNER Javi (50)		
5:30p	BEGINNER Will (50)	STRETCH Will (50)	BEGINNER Kisha (50)	STRETCH Javi (50)	STRETCH Javi (50)		
6:30p	STRETCH Will (50)	OPEN Will (50)	OPEN Kisha (50)	BEGINNER Javi (50)			
7:30p		BEGINNER Will (50)		OPEN Javi (50)			