



September 2025

CYCLE | GROUP EXERCISE
ZEN | RESULTS | PUSH | PILATES

SWIPE
FOR
TIMES
>>

EFC SEPTEMBER 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
Alt

AFTERNOON

5:30p


CYCLE
Michelle (45)

5:45p


CYCLE
Michelle (45)



EFC SEPTEMBER 2025 SCHEDULE

Troyp & 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)

**MUSCLE
WORKS**
Kelly Richardson (55)

**LES MILLS
BODYPUMP**
Janie (55)

**MUSCLE &
GROOVE**
Kelly Richardson (55)

**LES MILLS
BODYPUMP**
Megan (55)

**LES MILLS
BODYPUMP**
Alt (55)

11:00a

ZUMBA
Tamika (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 SEPTEMBER 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)

LES MILLS
BODYBALANCE
Emily (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

LES MILLS
BODYBALANCE
Dana (55)

YOGA
Jessica (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 SEPTEMBER 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 SEPTEMBER 2025 SCHEDULE

Push

	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 Tujuana (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 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 SEPTEMBER 2025 SCHEDULE

Pilates

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6:30a
OPEN
Janae (50)

6:30a
OPEN
Janae (50)

6:30a
STRETCH
Nanani (50)

6:30a
BEGINNER
Nanani (50)

7:30a
STRETCH
Janae (50)

7:30a
BEGINNER
Janae (50)

7:30a
BEGINNER
Pamela (50)

7:30a
STRETCH
Emily (50)

7:30a
OPEN
Emily (50)

7:30a
BEGINNER
Atl (60)

8:30a

8:30a
BEGINNER
Pamela (50)

8:30a
BEGINNER
Emily (50)

8:30a
BEGINNER
Blessie (50)

9:00a

9:00a
OPEN
Atl (50)

9:30a
OPEN
Mimi (50)

9:30a
OPEN
Diana (50)

9:30a
OPEN
Pamela (50)

9:30a
OPEN
Blessie (50)

9:30a
BEGINNER
Blessie (50)

9:30a
STRETCH
Diana (50)

10:30a

10:30a
BEGINNER
Mimi (50)

10:30a
BEGINNER
Diana (50)

10:30a
STRETCH
Pamela (50)

10:30a
BEGINNER
Blessie (50)

10:30a
OPEN
Blessie (50)

10:30a
OPEN
Diana (50)

11:30a

11:30a
OPEN
Mimi (50)

11:30a
STRETCH
Diana (50)

11:30a
BEGINNER
Desiree (50)

11:30a
STRETCH
Blessie (50)

EVENING

12:30p

12:30p
OPEN
Desiree (50)

4:30p

4:30p
BEGINNER
Will (50)

4:30p
BEGINNER
Kisha (50)

4:30p
STRETCH
Javi (50)

4:30p
BEGINNER
Javi (50)

5:30p

5:30p
BEGINNER
Will (50)

5:30p
STRETCH
Will (50)

5:30p
BEGINNER
Kisha (50)

5:30p
OPEN
Javi (50)

5:30p
STRETCH
Javi (50)

6:30p

6:30p
STRETCH
Will (50)

6:30p
OPEN
Will (50)

6:30p
OPEN
Kisha (50)

6:30p
BEGINNER
Javi (50)

7:30p

7:30p
BEGINNER
Will (50)

7:30p
OPEN
Javi (50)