



EFC Class Schedule: in/outdoors / **ZOOM** class schedule: May 23rd - 28th

| Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 | Saturday 28 |
|---|--|--|--|--|--|
| <p>6 am (40 min Melissa) Spin</p> <p>NEW 9:00 am (50 min Garnett) Pilates/Barre</p> <p>10:30 am (40 min Melissa) Actively Moving</p> <p>NOON (50 min Brandon) Mobility Strength</p> | <p>6 am (40 min Courtnie) Bootcamp</p> <p>9 am (50 min Melissa) Strength & Condition</p> | <p>5:30 am (40 min Nehemiah) Circuit Strength</p> <p>6 am (40 min Melissa) Spin</p> <p>8:00 am (40 min Colby) Row/Ski/DB</p> | <p>NEW 7:30 am (50 min Walter) Bootcamp</p> <p>NEW 9:00 am (45 min Walter) Balance & Band</p> <p>Noon (30 min Courtnie) Express Boxing</p> | <p>6 am (40 min Melissa) Spin</p> <p>7:00 am (40 min Melissa) Boot Camp</p> <p>9:30 am (40 min Colby) Row/Ski/DB</p> | <p>7:00 am (40 min Melissa) Body Bootcamp</p> <p>8:00 am (40 min Melissa) Pilates</p> <p>9:00 am (40 min Constance) YOGA</p> |
| <p>Noon ZOOM Desk Fitness (20 min. Sheri) ID: 885 890 2303</p> | | <p>Noon ZOOM Yoga (40 min Erica) ID: 948 6133 5305 Password: 558014</p> | | | <p>Saturday Family / Youth Parking Lot Workouts</p> <ul style="list-style-type: none"> • May 21st at 9 am • May 28th at 9 am |
| <p>4:30pm (45 min Walter) Abs, Butt, Core</p> | <p>4:30pm (30 min Matt) Express Boxing</p> <p>5:30 pm (40 min Melissa) Yoga</p> <p>6:30 pm (30 min Walter) Track Circuit Class</p> | <p>4:30pm (40 min Walter) Abs, Butt, Core</p> <p>5:15 pm (40 min Constance) Yoga</p> <p>6:30 pm (40 min Constance) Stress Release Yoga</p> | <p>4:30pm (40 min Garnett) Body Circuit</p> <p>5:30pm (40 min Constance) Restorative Yoga</p> | | <p>Teen Orientation of machines offered:</p> <ul style="list-style-type: none"> • May 21st at 10 am • May 28th at 10 am |

Make sure you look up on the screen when you are on the sign-up page to see the scroll of dates to pick from, **signups open at 9 am the day before the class**. Also look at "Location" to see if your instructor has specific instructions of location due to temperatures. Your class may take place inside. Here is the link for next week's classes: <https://www.signupgenius.com/go/70A054DA5AD22A5F58-523>