

# EFC class schedule: AUGUST 3<sup>rd</sup> – 8<sup>th</sup>

Time	Monday 8/3	Tuesday 8/4	Wednesday 8/5	Thursday 8/6	Friday 8/7	Saturday 8/8
6 am	(40 min) Spin-Melissa	(40 min) Bootcamp - Courtne	(40 min) Spin-Melissa	(40min) Bands & Balance Jen	(40 min) Spin-Melissa	
7 am					(40 min) Yoga - Melissa	
8 am	(40min) Tennis drills with ball, racquet & net! - Gwen	(40 min) Band & Balance-Jen	(40min) Rower/DB- Colby		(40 min) Frisbee Golf skills lesson- Colby	(40 min) Spin-Melissa
10am FB-LIVE	Monday Fun Day Chelsea	YOGA Melissa	Live with Nehemiah	Bootcamp Lisa		(40 min) 9am Restorative Yoga- Constance
4:30 pm	(40 min) Abs, Butt Core -Megan	(40 min) Bootcamp- Lisa	(40 min) ABC -Megan	(40 min) Circuit with Nehemiah		
5:00 pm	(20 min) Ski Erg /DB-Brandon		(40 min) Frisbee Golf skills lesson- Brandon			
5:30 pm	(40 min) Sprinkler HITT workout- Wendy (We will have a sprinkler near to cool you off)	(40 min) Yoga - Melissa	(40 min) Pickle Ball lessons- Ryan			
5:40 pm			(40 min) Barre/Pilates-Melissa	(40 min) Stress Release Yoga- Constance		

We have added classes to help you have even more fun with our Summer activities!! Check out Frisbee Golf Tennis and Pickle ball lesson classes on our schedule, so you can join our trainers out at our Local parks!! Check out our Summer Fun to see what you can participate in!

Here is your link to sign up! 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 <https://www.signupgenius.com/go/70A054DA5AD22A5F58-83outdoor>