

Group Fitness

Class Schedule

Monday

In Gear: Meghan Dzurik	Spin Room	5:30 - 6:20 AM
Yoga: Melissa Johnson	GFR 2	5:30 - 6:20 AM
Mix it up: Melissa Johnson	Main Floor	10:00 -10:50 AM
☺ Yogalates: Melissa Johnson	GFR 2	11:00 -11:50 AM
☺ Retro - Fit: Gwen Mauney	Main Floor	11:00 -11:50 AM
Boxing Express: Ryan Howard	Boxing	12:15 -12:45 PM
Mobility Strength: Brandon Chavers	Main Floor	12:00 -12:50 PM
Barre: Melissa Johnson	GFR 2	12:00 -12:50 PM
TRX: Megan Stephens	Main Floor	4:00 - 4:50 PM
● Bootcamp: Josh Carter	GFR 1	4:00 - 4:50 PM
● Pilates: Garnett Willard	GFR 2	4:30 - 5:20 PM
Physique: Josh Carter	Service Desk	5:00 - 5:50 PM
FitCamp: Melissa Johnson Starts Nov 19th	Track	5:00 - 5:50 PM
Boxing Bootcamp: Ryan Howard	Boxing	5:30 - 6:20 PM
● Barre: Garnett Willard	GFR 2	5:30 - 6:20 PM
Yoga: Melissa Johnson Starts Nov 19th	GFR 1	6:00 - 6:50 PM
☺ Back Pain Pathway: Gary Williams	Service Desk	6:30 - 7:00 PM
☺ Slow Flow Yoga: Erica Martin	GFR 2	7:00 - 7:50 PM

Tuesday

Circuit Strength: Nehemiah Johnson	Main Floor	5:30 - 6:20 AM
Spinlates: Beth Andrew	Spin & GFR 2	9:00 - 9:50 AM
Mix it up: Megan Stephens	Main Floor	10:00 -10:50 AM
☺ Slow Flow Yoga: Erica Martin	GFR 2	12:00 -12:50 PM
Bands & Balance Training: Jen Butler	GFR 1	12:00 -12:50 PM
● Bootcamp: Lisa Guy	GFR 1	4:00 - 4:50 PM
FitKid Graduates: Nehemiah Johnson	Kid Fitness	4:00 - 4:50 PM
Barre: Melissa Johnson	GFR 2	5:00 - 5:50 PM
Kettlebell Bootcamp: Erica Martin	Track	5:00 - 5:50 PM
EFC Orientation: Gary Williams	Service Desk	5:30 - 6:30 PM
Boxing Bootcamp: Courtnie Whaley	Boxing	6:00 - 6:50 PM
Spin: Melissa Johnson	Spin Room	6:00 - 6:50 PM
Track Conditioning: Josh Carter	Track	6:00 - 6:50 PM
● Olympic Weightlifting: Gary Williams	Main Floor	7:00 - 7:50 PM

Wednesday

In Gear: Meghan Dzurik	Spin Room	5:30 - 6:20 AM
Yoga: Melissa Johnson	GFR 2	5:30 - 6:20 AM
Mix it up: Garnett Willard	GFR 2	10:00 -10:50 AM
Barre: Garnett Willard	GFR 2	11:00 -11:50 AM
☺ Retro - Fit: Gwen Mauney	Main Floor	11:00 -11:50 AM
EFC Orientation: Gary Williams	Service Desk	12:00 - 1:00 PM
Barre: Garnett Willard	GFR 2	12:00 -12:50 PM

Boxing Express: Ryan Howard	Boxing	12:15 -12:45 PM
TRX: Megan Stephens	Main Floor	4:00 - 4:50 PM
● Bootcamp: Josh Carter	GFR 1	4:00 - 4:50 PM
● Pilates: Melissa Johnson	GFR 2	4:30 - 5:20 PM
Physique: Josh Carter	Service Desk	5:00 - 5:50 PM
Boxing Bootcamp: Ryan Howard	Boxing	5:30 - 6:20 PM
FitKid Graduates: Ryan Howard	Kid Fitness	6:30 - 7:20 PM
☺ Slow Flow Yoga: Erica Martin	GFR 2	7:00 - 7:50 PM

Thursday

Circuit Strength: Nehemiah Johnson	Main Floor	5:30 - 6:20 AM
Spinlates: Beth Andrew	Spin & GFR 2	9:00 - 9:50 AM
Mix it up: Chelsea Fisher	Main Floor	10:00 -10:50 AM
☺ Slow Flow Yoga: Erica Martin	GFR 2	12:00 -12:50 PM
Circuit Strength: Nehemiah Johnson	Main Floor	12:00 -12:50 PM
● Bootcamp: Lisa Guy	GFR 1	4:00 - 4:50 PM
Kettlebell Bootcamp: Erica Martin	Track	5:00 - 5:50 PM
Yoga: Melissa Johnson Starts Nov 19th	GFR 2	5:00 - 5:50 PM
Zumba: Wendy Joyner Starts Nov 19th	GFR 1	5:15 - 6:05 PM
Boxing Bootcamp: Courtnie Whaley	Boxing	6:00 - 6:50 PM
Spin: Melissa Johnson	Spin Room	6:00 - 6:50 PM
Track Conditioning: Josh Carter	Track	6:00 - 6:50 PM
● Olympic Weightlifting: Gary Williams	Main Floor	7:00 - 7:50 PM

Friday

In Gear: Melissa Johnson	Spin Room	5:30 - 6:20 AM
Strength & Endurance: Courtnie Whaley	SYNRGY	10:30 -11:20 AM
Barre Fusion: Garnett Willard	GFR 2	12:00 -12:50 PM
Boxing Express: Courtnie Whaley	Boxing	12:15 -12:45 PM
● Bootcamp: Josh Carter	GFR 1	4:00 - 4:50 PM

Saturday

Warrior Flow Yoga: Melissa J Starts Nov 19th	GFR 2	7:00 - 7:50 AM
☺ Running 101: Chelsea Fisher	Service Desk	7:00 - 7:50 AM
Spin: Ryan Howard	Spin Room	8:00 - 8:50 AM
Pilates: Melissa Johnson	GFR 2	8:30 - 9:20 AM
● Bootcamp: Rotates Instructor	GFR 1	9:30 - 10:20 AM
Strength & Endurance: Josh Carter	Service Desk	9:30 - 10:20 AM
Kids Camp (5- 8 yr old): Gary Williams	GFR 2	9:30 - 10:20 AM
Kids Camp (9-12 yr old): Ryan Howard	GFR 2	9:30 - 10:20 AM
● Bootcamp: Josh Carter	GFR 1	10:30 -11:30 AM
EFC Orientation: Gary Williams	Service Desk	10:30 -11:30 AM