

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
☺ Gentle Pilates: 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
Boxing Bootcamp: Ryan Howard	Boxing	5:30 - 6:20 PM
Flow + Reflect Yoga: Sarah Rohrman	GFR 1	5:30 - 6:20 PM
● Barre: Garnett Willard	GFR 2	5:30 - 6:20 PM
☺ Back Pain Pathway: Brandon Chavers	Service Desk	6:30 - 7:00 PM
Warrior Flow Yoga: Sarah Rohrman	GFR 1	6:30 - 7:20 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
Yoga: Sarah Rohrman	GFR 1	5:00 - 5:50 PM
EFC Orientation: Sign up at Service Desk	Main Floor	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
● Barre: Sarah Rohrman	GFR 2	6:00 - 6:50 PM
Track Conditioning: Josh Carter	Track	6:00 - 6:50 PM
● Olympic Weightlifting: Matt Woisin	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: Sign up at Service Desk

Barre: Garnett Willard

Boxing Express: Ryan Howard

TRX: Megan Stephens

● **Bootcamp:** Josh Carter

● **Pilates:** Melissa Johnson

Physique: Josh Carter

Boxing Bootcamp: Ryan Howard

● **Barre:** Sarah Rohrman

Warrior Flow Yoga: Sarah Rohrman

☺ **Slow Flow Yoga:** Erica Martin

Main Floor	12:00 -1:00 PM
GFR 2	12:00 -12:50 PM
Boxing	12:15 -12:45 PM
Main Floor	4:00 - 4:50 PM
GFR 1	4:00 - 4:50 PM
GFR 2	4:30 - 5:20 PM
Service Desk	5:00 - 5:50 PM
Boxing	5:30 - 6:20 PM
GFR 2	5:30 - 6:20 PM
GFR 1	6:30 - 7:20 PM
GFR 2	7:00 - 7:50 PM

Thursday

Circuit Strength: Nehemiah Johnson

Spinlates: Beth Andrew

Mix it up: Chelsea Fisher

☺ **Slow Flow Yoga:** Erica Martin

Circuit Strength: Nehemiah Johnson

● **Bootcamp:** Lisa Guy

Kettlebell Bootcamp: Erica Martin

Yoga: Sarah Rohrman

Boxing Bootcamp: Courtnie Whaley

Spin: Melissa Johnson

● **Barre:** Sarah Rohrman

Track Conditioning: Josh Carter

FitKid Graduates: Nehemiah Johnson

● **Olympic Weightlifting:** Matt Woisin

Main Floor	5:30 - 6:20 AM
Spin & GFR 2	9:00 - 9:50 AM
Main Floor	10:00 -10:50 AM
GFR 2	12:00 -12:50 PM
Main Floor	12:00 -12:50 PM
GFR 1	4:00 - 4:50 PM
Track	5:00 - 5:50 PM
GFR 2	5:00 - 5:50 PM
Boxing	6:00 - 6:50 PM
Spin Room	6:00 - 6:50 PM
GFR 2	6:00 - 6:50 PM
Track	6:00 - 6:50 PM
Kid Fitness	6:30 - 7:20 PM
Main Floor	7:00 - 7:50 PM

Friday

In Gear: Melissa Johnson

Strength & Endurance: Courtnie Whaley

Barre Fusion: Garnett Willard

Boxing Express: Courtnie Whaley

● **Bootcamp:** Josh Carter

Spin Room	5:30 - 6:20 AM
SYNRGY	10:30 -11:20 AM
GFR 2	12:00 -12:50 PM
Boxing	12:15 -12:45 PM
GFR 1	4:00 - 4:50 PM

Saturday

Warrior Flow Yoga: Sarah Rohrman

☺ **Running 101:** Chelsea Fisher

Spin: Ryan Howard

Pilates: Melissa Johnson

● **Bootcamp:** Rotates Instructor

Strength & Endurance: Josh Carter

Kids Camp (5- 8 yr old): Nehemiah Johnson

Kids Camp (9-12 yr old): Ryan Howard

● **Bootcamp:** Josh Carter

EFC Orientation: Sign up at Service Desk

GFR 2	7:00 - 7:50 AM
Service Desk	7:00 - 7:50 AM
Spin Room	8:00 - 8:50 AM
GFR 2	8:30 - 9:20 AM
GFR 1	9:30 - 10:20 AM
Service Desk	9:30 - 10:20 AM
GFR 2	9:30 - 10:20 AM
GFR 2	9:30 - 10:20 AM
GFR 1	10:30 -11:30 AM
Main Floor	10:30 -11:30 AM