

Group Fitness

Class Schedule

Monday

In Gear: Meghan Dzurik	Spin Room	5:30 - 6:20 AM
☺ Yoga: Jennifer Taginski	GFR 2	11:00 -11:50 AM
Retro - Fit: Gwen Mauney	Main Floor	11:00 -11:50 AM
Boxing Express: Ryan Howard	Main Floor	12:00 -12:30 PM
Mobility Strength: Julie Blackburn	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
● Century Strength: Derek Schaberg	Main Floor	4:30 - 5:20 PM
EFC Orientation: Beth Andrew	Main Floor	5:00 - 5:30 PM
● Pilates: Garnett Willard	GFR 2	5:00 - 5:50 PM
Track Time: Megan Stephens	Main Floor	5:00 - 5:50 PM
● Attack Mode: Melissa Johnson	GFR 1	5:00 - 5:50 PM
☺ Hydra Tone: Jennifer Taginski	Pool	5:30 - 6:20 PM
Cardio Combo: Beth Andrew	Spin Room	5:30 - 6:20 PM
Boxing Bootcamp: Ryan Howard	Main Floor	5:30 - 6:20 PM
☺ Back Pain Pathway: Julie Blackburn	Service Desk	6:00 - 6:30 PM
Zumba: Priscila Chavers	GFR 1	6:00 - 6:50 PM
● Barre: Garnett Willard	GFR 2	6:00 - 6:50 PM
☺ Yoga: Jennifer Taginski	GFR 2	7:00 - 7:50 PM

Tuesday

Circuit Strength: Nehemiah Johnson	Main Floor	5:30 - 6:20 AM
Spinlates: Beth Andrew	Spin Room	9:00 - 9:50 AM
☺ Yoga: Jennifer Taginski	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
Barre: Melissa Johnson	GFR 2	5:00 - 5:50 PM
Kettlebell Bootcamp: Erica Martin	Track	5:00 - 5:50 PM
☺ Hydra Tone: Jennifer Taginski	Pool	5:30 - 6:20 PM
Boxing Express: Matt Jordan	Main Floor	5:30 - 6:20 PM
FitKid Graduates: Nehemiah Johnson	GFR 1	6:00 - 6:50 PM
● Spin: Courtnie Whaley	Spin Room	6:00 - 6:50 PM
● Century Strength: Erica Martin	Main Floor	6:00 - 6:50 PM
Track Conditioning: Melissa Johnson	Track	6:00 - 6:50 PM
● Olympic Weightlifting: Derek Schaberg	Main Floor	7:00 - 7:50 PM

Wednesday

In Gear: Meghan Dzurik	Spin Room	5:30 - 6:20 AM
Barre: Garnett Willard	GFR 2	11:00- 11:50 AM
Retro - Fit: Gwen Mauney	Main Floor	11:00 -11:50 AM
Barre: Garnett Willard	GFR 2	12:00- 12:50 PM
Boxing Express: Matt Jordan	Main Floor	12:15- 12:45 PM

TRX: Megan Stephens	Main Floor	4:00 - 4:50 PM
● Century Strength: Derek Schaberg	Main Floor	4:30 - 5:20 PM
● Pilates: Garnett Willard	GFR 2	5:00 - 5:50 PM
Track Time: Megan Stephens	Main Floor	5:00 - 5:50 PM
☺ Hydra Tone: Jennifer Taginski	Pool	5:30 - 6:20 PM
Boxing Bootcamp: Ryan Howard	Main Floor	5:30 - 6:20 PM
Zumba: Priscila Chavers	GFR 1	6:00 - 6:50 PM
● Barre: Garnett Willard	GFR 2	6:00 - 6:50 PM
☺ Yoga: Jennifer Taginski	GFR 2	7:00 - 7:50 PM

Thursday

Circuit Strength: Nehemiah Johnson	Main Floor	5:30 - 6:20 AM
Spinlates: Beth Andrew	Spin Room	9:00 - 9:50 AM
☺ Yoga: Erica Martin	GFR 2	12:00 -12:50 AM
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
Boxing Bootcamp: Matt Jordan	Main Floor	5:30 - 6:20 PM
FitKid Graduates: Nehemiah Johnson	GFR 1	6:00 - 6:50 PM
● Spin: Courtnie Whaley	Spin Room	6:00 - 6:50 PM
● Century Strength: Erica Martin	Main Floor	6:00 - 6:50 PM
Track Conditioning: Chelsea Fisher	Track	6:00 - 6:50 PM
● Olympic Weightlifting: Derek Schaberg	Main Floor	7:00 - 7:50 PM

Friday

In Gear: Courtnie Whaley	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	Main Floor	12:15 -12:45 PM

Saturday

☺ Yoga: Rotates Instructor	GFR 2	8:00 - 8:50 AM
Spin: Wendy Joyner	Spin Room	8:00 - 8:50 AM
Track Conditioning: Melissa Johnson	Track	8:30 - 9:20 AM
● Bootcamp: Rotates Instructor	GFR 1	9:30 - 10:20 AM
Kids Camp (5- 8 yr old): Nehemiah Johnson	GFR 2	9:30 - 10:20 AM
Kids Camp (9-12 yr old): Ryan Howard	GFR 2	9:30 - 10:20 AM
● Pilates: Rotates Instructor	GFR 2	10:30- 11:20 AM

- Indicates an advanced level class
- ☺ Indicates a Back Pain Pathway friendly class

Child Care Hours 12 weeks thru 5 years Monday thru Friday – 8 am to 2 pm
 2 years thru 12 years Monday thru Friday – 2 pm to 8 pm
 Saturday – 730 am to 230 pm