

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: 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
● 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: Julie Blackburn	Service Desk	6:00 - 6:30 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
Barre: Melissa Johnson	GFR 2	5:00 - 5:50 PM
Kettlebell Bootcamp: Erica Martin	Track	5:00 - 5:50 PM
HIIT 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
FitKid Graduates: Nehemiah Johnson	GFR 1	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
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 11:00 -11:50 AM
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
HIIT Yoga: Sarah Rohrman
Boxing Bootcamp: Courtnie Whaley
FitKid Graduates: Nehemiah Johnson
Spin: Melissa Johnson
● **Barre:** Sarah Rohrman
Track Conditioning: Josh Carter
● **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
GFR 1 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
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

