

EFC Class Schedule: indoors/outdoors / **ZOOM** class schedule: January 17th – 22nd

Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st	Saturday 22 nd
<p>6 am (40 min Melissa) Spin</p> <p>7:30 am (50 min Beth) Spinlates</p> <p>10:30 am (40 min Melissa) Actively Moving</p> <p>Noon ZOOM Desk Fitness (20 min. Sheri) ID: 885 890 2303</p> <p>4:30pm (40 min Garnett) Abs, Butt, Core</p> <p>5:30 pm (40 min Garnett) Abs, Butt, Core</p>	<p>6 am (40 min Courtnie) Bootcamp</p> <p>9 am (50 min Brain) Strength & Condition</p> <p>Noon (40 min Garnett) Pilates/Barre</p> <p>4:30pm (40 min Garnett) Tabata</p> <p>4:30pm (30 min Matt) Express Boxing</p> <p>5:30 pm (40 min Melissa) Yoga</p>	<p>5:30 am (40 min Nehemiah) Circuit Strength</p> <p>6 am (40 min Melissa) Spin</p> <p>8:00 am (40 min Colby) Row/Ski/DB</p> <p>Noon ZOOM Yoga (40 min Erica) ID: 948 6133 5305 Password: 558014</p> <p>4:30pm (40 min Melissa) Abs, Butt, Core</p> <p>5:30 pm (40 min Melissa) Pilates</p> <p>6:30 pm (40 min Constance) Stress Release Yoga</p>	<p>9:00 am (40 min Garnett) Pilates/Barre</p> <p>Noon (30 min Courtnie) Express Boxing</p> <p>4:30pm (40 min Melissa) Body Circuit</p> <p>5:30 pm (40 min Constance) Restorative Yoga</p>	<p>6 am (40 min Melissa) Spin</p> <p>7:00 am (40 min Melissa) Spin Camp</p> <p>9:30 am (40 min Colby) Row/Ski/DB</p>	<p>7:00 am (40 min Melissa) Body Bootcamp</p> <p>8:00 am (40 min Melissa) Pilates</p> <p>9:00 am (40 min Constance) Restorative Yoga</p> <p>10:00 am (40 min Colby) The Big 3</p> <p>Saturday Family / Youth Parking Lot Workouts</p> <p>9:00 am Family Workout (parent & child)</p> <p>10:00 am Youth Bootcamp Workout (ages 10-14)</p>

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. Also look at "Location" to see if your instructor has specific instructions of location due to temperatures. Your class may take place inside. Here is the link for next week's classes: