

EFC NEW December Hours:

15th: 0700 - 1230

16-24th: 0700-1700

25-26th: 24/7 Access

27th: 1000-1700

28th: 24/7 Access

29-31st: 0700-1700

January:

1-2 JAN: 24/7 Access

Sundays are now 24/7 Access

December Mondays



GROUPEXERCISE SCHEDULE

1000-1100 Zumba with Charmaine (GF1) No class December 22nd and 29th

1205-1300 Cardio Strength w/Alessandra (GF1) No Class on December 8th

1200-1300 Hybrid Training w/Ambra (Canopy) Only December 1st

1830-1930 Brick City Spin w/ DaChef-SPECIAL CLASS \$10 (Spin Room) No Class Dec

22nd &29th

1800-1900 Zumba with Sara *FREE*(GF1) No Class December 15th, 22nd 24th & 31st

1800-1900 Karate w/Matthew (Combatives Room) No Class December 1st, 22nd, 29th



December Tuesdays



GROUPEXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/ Track)

1100-1145 *FREE* Fit Yoga w/ Raluca (GF1) No class Dec 2nd or 23rd

1200-1300 Hybrid Training w/ Ambra Only Dec 2nd, 9th and 16th

1200-1300 Kettlebell with Isabella (GF1) No class December 25th

1730-1830 Zumba with Michelle (GF1) No Class December 23rd and 30th

1800-1900 Hybrid Training w/ Ambra Only December 2nd



December Wednesdays



GROUPEXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/Track)

1000-1100 Zumba with Charmaine (GF1) No class December 17th, 24th and 31st

1130-1230 Brick City Spin w/ DaChef- SPECIAL CLASS \$10 (Spin Room) No class

December 24th or 31st

1205-1300 Cardio Strength w/ Alessandra (GF1) No Class on December 17th

1700-1800 Align and Flow Yoga w/ Regan (GF1) No Class December 24th, 26th &

31st

1800-1900 FREE Zumba with Sara (GF1) No Class December 17th, 24th and 31st

1800-1900 Hybrid Training w/ Ambra (Canopy) Only December 10th and 17th

December Thursdays



GROUPEXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/Track)

1200-1300 Hybrid Training w/ Ambra Only December 18th

1200-1300 Kettlebell Training with Isabella (GF1) No Class December 25th

1730-1830 Zumba with Michelle (GF1) No Class December 11th, 18th and 25th

1800-1900 Hybrid Training w/ Ambra Class Only December 18th

1830-1945 HipHop Step Aerobics with DaChef (GF1) No Class December 25th



December Fridays



GROUPEXERCISE SCHEDULE

0915-1015 S.L.A.M. (Basketball Court/Track)

1000-1100 Zumba with Charmaine (GF1) No class December 19th and 26th

1205-1300 Flex and Flow with Alessandra (GF1) No class on December 26th

1800-1900 Karate w/ Matthew (Combatives Room) No Class December 26th

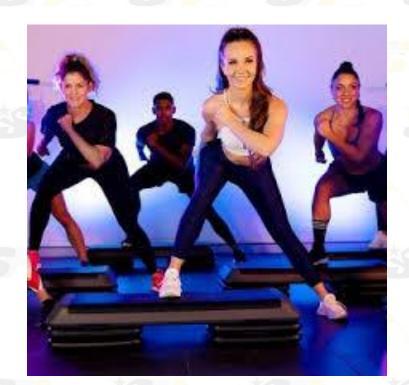


December Saturdays



GROUPEXERCISE

0830-0945 1000-1100 HipHop Step Aerobics w/ DaChef (GF1) No Class December 27th Hybrid Training w/ Ambra (Canopy area) Only December 13th







December Sundays



GROUPEXERCISE SCHEDULE

NO GROUP FITNESS CLASSES SCHEDULED.

EDERLE FITNESS CENTER FRONT DESK

UNSTAFFED.

24/7 ACCESS ONLY









GROUPEXERCISE SCHEDULE

For the Pilates schedule scan the QR code:



