



# EMERALD CITY ATHLETICS

\*SPRING SCHEDULE \*  
 4/17/2017  
 10110 Evergreen Way Everett, WA 98204  
 (425) 347-5000

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	<b>Yoga</b> Ayla		<b>Yoga Sculpt</b> Anna		<b>Senior Fit</b> Rosa	<b>Zumba®</b> Debbie	
10:00	<b>Zumba®</b> Rlynn	<b>Vinyasa Yoga</b> Anna	<b>Zumba®</b> Rlynn	<b>Yoga</b> Ayla	<b>Zumba®</b> Rlynn	<b>Bootcamp</b> (PT)	
11:00		<b>Zumba Toning®</b> Rosa					<b>Bootcamp</b>
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00							
5:00	<b>Zumba®</b> Terra	<b>Zumba®</b> Kate		<b>Zumba®</b> Kate			
6:00	<b>Yoga</b> Karen	<b>Yoga</b> Elaine M	<b>Yoga</b> Jae	<b>Yoga</b> Elaine M	<b>Zumba®</b> Terra		
7:00	<b>Zumba®</b> Christine ----- <b>Zumba® Kids</b> (Kids 8-13) Rlynn	<b>Zumba®</b> Terra	<b>Zumba®</b> Christine	<b>Zumba®</b> Debbie			

Studio Key: **Upper Yoga Studio**, **Pool Area**, **Group X Lower Studio**

Please contact our Group X Coordinator Elaine Horne with any questions/comments/concerns.  
 Elaine@emeraldcityathletics.com