



EMERALD CITY ATHLETICS

Spring Schedule Stoneway
4/17/2017 3924
 Stone Way N. Seattle, WA 98103 (206)
 557-4909

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Yoga Heather	Cycle Shay	Yoga Heather	Cycle Brian	Yoga Heather		
8:00						Cycle Shay	
9:00	Barre Olivia	Yoga Heather	Barre Olivia			Yoga Beverly	
10:00	Chinese Yoga Dr. Fred					Bootcamp (PT)	
12:00			Barre and Pilates Madelyn				Bootcamp 12:30
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	HIIT Alicia		HIIT Alicia				
5:00	Cycle Brian	Strength & Tone Olivia	Cycle Brian V.				
6:00	Yoga Beverly	Barre Olivia	Yoga-Yin Restorative Christy				
7:00	Cycle Kiel	Yoga Elizabeth	Cycle/HIIT Veronica				

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