



EMERALD CITY ATHLETICS

*SPRING SCHEDULE *
 5/15/2017
 10110 Evergreen Way Everett, WA 98204
 (425) 347-5000

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