



EMERALD CITY ATHLETICS

Spring Schedule
 Updated 5/15/2017
 14925 Chain Lake Rd.
 Monroe, WA 98272
 (360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		Fitlab* Adam		Fitlab* Adam	Fitlab* Adam		
6:00	Fitlab* Adam		Fitlab* Adam				
8:00		Zumba Gold Lisa		Zumba Gold Lisa		Yoga Susan	
9:00	Fitlab* Adam ----- P90X Amy	Power Yoga Heidi	Fitlab* Adam ----- PiYo Amy	Power Yoga Heidi	Fitlab* Adam ----- Pound Amy	Zumba® Lona	Sunday Smackdown 1:00PM
10:00	Senior Fit/Stretch Patti		Senior Fit/Stretch Patti		Senior Fit/Stretch Patti	Bootcamp (PT)	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00		PiYo Amy	Pound Amy	P90X Amy			
5:00	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Yoga Strong Susan	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Slow Flow Yoga Darci			
6:00	Fitlab* Jesse ----- Turbo Kick Jamie S	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Hatha Yoga Darci	Fitlab* Jesse ----- Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Yoga Susan		
7:00	Pound Maggie	Cycle Fit Kari	Barre Maggie	Cycle Kari			

Studio Key: **Fitlab Studio**, Group X Studio

*Fitlab Classes are part of the Signature Guaranteed Membership Only

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

Elaine@emeraldcityathletics.com