



# EMERALD CITY ATHLETICS

**\*Spring Schedule Stoneway\***

**5/15/2017**

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		Barre Olivia			Yoga Beverly	
10:00	Chinese Yoga Dr. Fred	Yoga Rich		Yoga Rich		Bootcamp (PT)	
10:30			Chinese Yoga Dr. Fred				
12:00							Bootcamp 12:30
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	HIIT Alicia		HIIT Alicia				
5:00	Cycle Brian	Power Yoga Katelyn	Cycle Brian V.				
6:00	Yoga Beverly	Hot Core Katelyn 1/2hr	Yoga-Yin Restorative Christy	Zumba Nadia			
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](mailto:Elaine@emeraldcityathletics.com)