



# EMERALD CITY ATHLETICS

\*SUMMER SCHEDULE \*  
 9/25/2017  
 10110 Evergreen Way Everett, WA 98204  
 (425) 347-5000

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Ayla <b>Yoga</b> ----- <b>Cardio Sculpt*</b> Davonn	<b>Butts &amp; Guts*</b> Brooke	Jim <b>Yoga</b> ----- <b>Cardio Sculpt*</b> Chris	<b>Butts &amp; Guts*</b> Brooke	<b>Senior Fit</b> Rosa	<b>Zumba®</b> Debbie	
10:00	<b>Zumba®</b> Rlynn		<b>Zumba®</b> Rlynn	<b>Yoga</b> Ayla	<b>Zumba®</b> Rlynn	<b>Bootcamp</b> Trainers	
11:00		<b>Zumba Toning®</b> Rosa					<b>Bootcamp</b> Trainers
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	<b>Mobility &amp; Foam Roll*</b> DJ		<b>Mobility &amp; Foam Roll*</b> Yousif				
4:30				<b>Emerald Class*</b> Davonn			
5:00	<b>Zumba®</b> Terra	<b>Zumba®</b> Kate	<b>Stretching &amp; Core</b> Chris	<b>Zumba®</b> Kate			
6:00	Karen <b>Yoga</b> ----- <b>Cycle</b> Kat	<b>Cardio Core</b> Davonn	<b>Cycle</b> Kat	<b>Cardio Core</b> Yousif	<b>Zumba®</b> Miraida		
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			

Like us Facebook, and get the ECA app for the most current class information and future updates.

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