



EMERALD CITY ATHLETICS

*FALL SCHEDULE *

10/30/2017

10110 Evergreen Way Everett, WA 98204
(425) 347-5000

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Yoga Ayla ----- Cardio Sculpt* Brandon	Butts & Guts* Brooke	Yoga Jim ----- Cardio Sculpt* Chris	Butts & Guts* Brooke	Senior Fit Rosa	Zumba® Debbie	
10:00	Zumba® Rlynn	Zumba Toning® Rosa	Zumba® Rlynn	Yoga Ayla	Zumba® Rlynn	Bootcamp Trainers	
11:00							Bootcamp Trainers
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	Mobility & Foam Roll* DJ		Mobility & Foam Roll* Yousif				
4:30							
5:00	Zumba® Terra	Zumba® Kate	Stretching & Core Chris	Zumba® Kate			
6:00	Yoga Karen ----- Cycle Kat	Cardio Core Yousif	Yoga Elaine M. ----- Cycle Kat	Cardio Davonn	Zumba® Miraida		
7:00	Zumba® Christine ----- Zumba® Kids (Kids 8-13) Rlynn	Zumba® Terra	Zumba® Christine	Zumba® Debbie			

Like our Facebook Page for the most current class information and daily updates.

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

Elaine@emeraldcityathletics.com