



EMERALD CITY ATHLETICS

Fall Schedule

10/1/2017

3924 Stone Way N. Seattle, WA 98103

(206) 557-4909

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Yoga Heather	Cycle Veronica	Yoga Heather	Cycle Veronica	Yoga Heather		
8:00						Cycle Shay	
9:00		Yoga Christy (until Oct 5)		Yoga Christy/Hattie	Cardio Sculpt Kyle H.	Yoga Beverly	
10:00	Stretch & Mobility Chris	Butts & Guts Anna		Butts & Guts Chris	Stretch & Mobility Chris	Bootcamp	
12:30							Bootcamp
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	HIIT Alicia	Stretch & Mobility Hattie	HIIT Alicia	Stretch & Mobility Hattie			
5:00	Yoga Beverly	Power Yoga Katelyn	Hatha Yoga Hattie	Hatha Yoga Hattie			
6:00	Butts & Guts Kyle H.	Hot Core Katelyn	Butts & Guts Anna	Cardio Sculpt Nigel			
7:00	Cycle Kiel						

Please download the ECA app, and LIKE us on Facebook for the latest updates and class info.

Please contact our Fitness Director, Rusty Gebhardt, with any questions/comments/concerns.

rusty@emeraldcityathletics.com