



# EMERALD CITY ATHLETICS

\*Winter Schedule \*  
 updated: 1/17/18  
 10110 Evergreen Way Everett, WA 98204  
 (425) 347-5000

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

Like our Facebook Page and use the ECA app on your smart phone for the most current class information and updates.

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

Elaine@emeraldcityathletics.com