



EMERALD CITY ATHLETICS

New Schedule Starting
 1/08/2017
 14925 Chain Lake Rd. Monroe, WA
 (360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00						Power Yoga Susan	
9:00 - 10:00	Fitlab* Catherine	Fitlab* Catherine ----- Power Yoga Nicole	Fitlab* Catherine	Fitlab* Catherine ----- Power Yoga Nicole	Fitlab* Catherine	MIXXED FIT Stephanie H	
9:30 - 10:00	Butts & Guts Catherine		Butts & Guts Catherine				
10:00 - 11:00	Senior Fit / Stretch Patti	Zumba® Gold Linda	Senior Fit / Stretch Patti	NikFitt Nicole	Senior Fit/Stretch Patti	BOOTCAMP Trainers	
11:00 - 12:00			Line Dancing Gerina				
11:30 - 12:30				Zumba® Gold Linda			
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 - 5:00	Butts & Guts Jhalen		Butts & Guts Brittney		Cardio Sculpt Brittney		
5:00 - 6:00	Zumba® Leslie/Jennifer	Fitlab* Jhalen ----- Barre Leigh Anne	Hot Hula Uilani	Fitlab* Jhalen ----- Barre Leigh Anne			
5:30 - 6:00							
6:00	Fitlab* Jhalen	MIXXED FIT Stephanie H	Fitlab* Brittney ----- Hatha Yoga Darci	Zumba® Leslie/Jennifer	Fitlab* Jhalen		
7:00		Cycle Fit Kari	U Jam Uilani	Cycle Kari			

Studio Key: Fitlab Studio, Group X Studio *Like our Facebook page and download the ECA App for the most current schedule, updates and announcements*

*Fitlab Classes are part of the SG & Champion Membership Only

Questions/Comments/Concerns please e-mail Jennifer Wright at Jennifer@emeraldcityathletics.com