



EMERALD CITY ATHLETICS

New Schedule Starting
 2/05/2018
 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	FiTLA3 *Catherine	*Catherine FiTLA3 Power Yoga Nicole	FiTLA3 *Catherine	*Catherine FiTLA3 Power Yoga Nicole	FiTLA3 *Catherine	 MIXEDFIT Stephanie H.	
10:00 - 11:00	SeniorFit Fyi for Life Senior Fit / Stretch Patti	 ZUMBA gold Linda	SeniorFit Fyi for Life Senior Fit / Stretch Patti		SeniorFit Fyi for Life Senior Fit / Stretch Patti	 BOOT CAMP Trainers	
11:30 - 12:30				 ZUMBA gold Linda			
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 - 5:00	Core Blast Jhalen		BUTTS & GUTS Brittney		BUTTS & GUTS Brittney		
5:00 - 6:00	 ZUMBA Leslie/Jennifer	FiTLA3 *Jhalen Leigh Anne Barre	 Hot Yoga Uilani	FiTLA3 *Jhalen* Leigh Anne Barre			
6:00	FiTLA3 *Jhalen YOGA Rebecca	 MIXEDFIT Stephanie H.	FiTLA3 *Brittney Leslie/Jennifer 	 ZUMBA Leslie/Jennifer	FiTLA3 *Jhalen YOGA Rebecca		
7:00		 CYCLEFIT Kari	U-JAM Fitness Uilani	 CYCLEFIT 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