



















ECA 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	FITLAB *Catherine	*Catherine FITLAB Power Yoga Nicole	FITLAB *Catherine	*Catherine FITLAB Power Yoga Nicole	FITLAB *Catherine	 MIXEDFIT Stephanie H.	
10:00 - 11:00	SeniorFit Fit for Life Senior Fit / Stretch Patti	 ZUMBA gold Linda	SeniorFit Fit for Life Patti Maria  ZUMBA		SeniorFit Fit for Life Patti Maria  ZUMBA toning	 BOOT CAMP Trainers	
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		 BUTTS & GUTS Brittney		
5:00 - 6:00	 ZUMBA Leslie/Jennifer	FITLAB *Jhalen Leiah Anne Barre	 HOT YOGA Uilani	FITLAB *Jhalen* Leiah Anne Barre	 STRONG ZUMBA Maria		
6:00	FITLAB *Jhalen YOGA Rebecca	 MIXEDFIT Stephanie H.	FITLAB *Brittney Leslie/Jennifer  ZUMBA	 ZUMBA Leslie/Jennifer	FITLAB *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