



# EMERALD CITY ATHLETICS

\*Winter Schedule \*

2/15/18

10110 Evergreen Way Everett, WA 98204

(425) 347-5000

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

Like our Facebook Page for the most current promotions, updates, and notifications.

Please contact our Group X Coordinator Elaine Horne with any questions/comments/concerns. [elaine@emeraldcityathletics.com](mailto:elaine@emeraldcityathletics.com)