



# EMERALD CITY ATHLETICS

\*Winter Schedule\*  
 updated: 2/13/2018  
 3924 Stone Way N. Seattle, WA 98103  
 (206) 557-4909

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	<b>Yoga</b> Heather	<b>Cycle</b> Veronica	<b>Yoga</b> Heather	<b>Cycle</b> Veronica	<b>Yoga</b> Heather		
8:00						<b>Cycle</b> Shay	
9:00	<b>Barre</b> Katelyn	<b>Power Yoga</b> Katelyn	<b>Barre</b> Katelyn	<b>Power Yoga</b> Katelyn		<b>Yoga</b> Beverly	
10:00	<b>Yoga Sculpt</b> Katelyn	<b>Core &amp; Stretch</b> Katelyn	<b>Yoga Sculpt</b> Katelyn	<b>Core &amp; Stretch</b> Katelyn		<b>Bootcamp</b>	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00							<b>Bootcamp</b>
4:00	<b>HIIT</b> April			<b>HIIT</b> April			
5:00	<b>Yoga</b> Beverly	<b>Vinyasa Yoga</b> Samantha	<b>Vinyasa Yoga</b> Samantha	<b>Vinyasa Yoga</b> Samantha			
6:00	<b>HIIT/TABATA</b> Tara	<b>Yoga</b> James	<b>HIIT/TABATA</b> Tara				
7:00	<b>Cycle</b> Alexa	<b>High Fitness</b> Michelle	<b>Cycle</b> Alexa	<b>High Fitness</b> Michelle			

Please contact our Fitness Director, Randy with any questions/comments/concerns. [randy@emeraldcityathletics.com](mailto:randy@emeraldcityathletics.com)

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