



EMERALD CITY ATHLETICS

***SPRING SCHEDULE ***
04/06/2018

10110 Evergreen Way Everett, WA 98204
 (425) 347-5000

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Yoga Flow Ayla FITLAB* Lower Body	Zumba Toning* Rosa FITLAB* Core	Yoga Jim FITLAB* Upper Body	Yoga Sculpt Ayla FITLAB* Conditioning	Senior Fit Rosa FITLAB* Total Body	Zumba* Debbie	
10:00	Zumba* Rlynn	Butts and Guts Kristi	Zumba* Rlynn	Butts and Guts Kristi	Zumba* Rlynn	Bootcamp (PT)	
11:00							Bootcamp (PT)
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	FITLAB* Lower Body	FITLAB* Core	FITLAB* Upper Body	FITLAB* Conditioning			
5:00	Zumba* Terra	Zumba* Mei	Spin Kat	Zumba* Mei	FITLAB* Total Body		
6:00	Yoga Karen FITLAB* Lower Body Spin Kat	Cardio Core Yousef FITLAB* Core	Yoga Elaine FITLAB* Upper Body	FITLAB* Conditioning	Zumba* Shana		
7:00	Zumba* Christine	Zumba* Terra FITLAB* Core	Zumba* Christine	Zumba* Debbie FITLAB* Conditioning			

Studio Key: Upper Studio, Group X Lower Studio, FITLAB *a fee-based class

Please contact our Group X Coordinator Ayla St.Clair with any questions/comments/concerns.

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