



EMERALD CITY ATHLETICS

Spring Schedule
 04/09/2018
 3924 Stone Way N. Seattle, WA 98103
 (206) 557-4909

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

Please contact our Fitness Director, Randy L with any questions/comments/concerns.

Please Like our Facebook Page for the latest updates and class info.

Randy@emeraldcityathletics.com