




















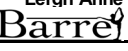


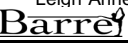













ECA EMERALD CITY ATHLETICS

Spring Schedule
4/2/2018

14925 Chain Lake Rd. Monroe, WA
(360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00					 Nicole		
8:00 - 9:00		 Lisa		 Lisa		 Susan	
9:00 - 10:00	 *Catherine	*Catherine  Power  Nicole	*Catherine   Sarah	 *Catherine	 *Catherine	 Stephanie H.	
10:00 - 11:00	 Senior Fit / Stretch Patti		 Senior Fit / Stretch Patti		 Senior Fit / Stretch Patti	 Trainers	
11:30 - 12:30							
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 - 5:00	 Jhalen		 Brittney		 Brittney		
5:00 - 6:00	 Leslie/Jennifer	 *Jhalen Leigh Anne 	 Lisa (starting 4/4/18)	 *Jhalen* Leigh Anne 			
6:00	 *Jhalen  Andy	 Stephanie H.	 *Brittney Leslie/Jennifer 	 Leslie/Jennifer	 *Jhalen  Sarah		
7:00		 Kari	 Uilani	 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