



EMERALD CITY ATHLETICS

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM		Low Impact Fitness w/ Rosa					
9:00 AM	Yoga Flow w/ Ayla ----- FITLAB* LOWER BODY	Zumba® Tone w/ Rosa ----- FITLAB* CORE	Yoga w/ Jim ----- FITLAB* UPPER BODY	Yoga Sculpt w/ Ayla ----- FITLAB* CONDITIONING	Low Impact Fitness w/ Rosa ----- FITLAB* TOTAL BODY	Zumba® w/ Debbie	
10:00 AM	Zumba® with Rlynn	Butts & Guts with Kristi	Zumba® with Rlynn	Butts & Guts with Kristi	Zumba® with Rlynn	Bootcamp (PT)	
11:00 AM							Bootcamp (PT)
4:00 PM	FITLAB* LOWER BODY	FITLAB* CORE	FITLAB* UPPER BODY	FITLAB* CONDITIONING			
5:00 PM	Zumba® w/ Terra	Zumba® w/ Mei	Spin w/ Kat	Zumba® w/ Mei	FITLAB* TOTAL BODY		
6:00 PM	Yoga Flow w/ Karen ----- Spin w/ Kat ----- FITLAB* - LOWER BODY	Cardio Core Yourself ----- FITLAB* CORE	Yoga w/ Elaine ----- FITLAB* UPPER BODY	FITLAB* CONDITIONING	Zumba® w/ Shana		
7:00 PM	Zumba® w/ Christine	Zumba® w/ Terra ----- FITLAB* CORE	Zumba® w/ Christine	Zumba® w/ Debbie ----- FITLAB* CONDITIONING			

Studio Key: Yoga classes are in the upper studio. **FITLAB*** a fee-based class located in the FITLAB. All other classes are in the group X Lower Studio.

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

Schedule last updated on: 5/9/18