



EMERALD CITY ATHLETICS

Spring Schedule
 Updated 4/17/2017
 14925 Chain Lake Rd. Monroe,
 WA 98272 (360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		Fitlab* Adam		Fitlab* Adam	Fitlab* Adam		
6:00	Fitlab* Adam		Fitlab* Adam				
8:00		Zumba Gold Lisa		Zumba Gold Lisa		Yoga Susan	
9:00	Fitlab* Adam ----- P90X Amy	Power Yoga Heidi	Fitlab* Adam ----- PiYo Amy	Power Yoga Heidi	Fitlab* Adam ----- P90X Amy	Zumba® Lona	Sunday Smackdown 1:00PM
10:00	Senior Fit Patti		Senior Stretch Rob		Senior Fit Patti	Bootcamp (PT)	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00		P90X Amy	PiYo Amy	P90X Amy			
5:00	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Yoga Strong Susan	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Slow FlowYoga Darci			
6:00	Fitlab* Jesse ----- Turbo Kick S ----- Jamie	Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Hatha Yoga Darci	Fitlab* Jesse ----- Zumba® Leslie/Jennifer	Fitlab* Jesse ----- Yoga Susan		
7:00		Cycle Fit Kari	Barre Maggie	Cycle			

Studio Key: Fitlab Studio, Group X Studio

*Fitlab Classes are part of the Signature Guaranteed Membership Only

Please contact our Group X Coordinator Elaine Horne with any questions/comments/concerns.
Elaine@emeraldcityathletics.com