



EMERALD CITY ATHLETICS

Effective starting:
11/1/2018
 3924 Stone Way N.
 Seattle, WA 98103
 (206) 557-4909

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Vinyasa Yoga Heather FITLAB	Spin Veronica FITLAB	Vinyasa Yoga Heather FITLAB	Spin Veronica FITLAB	Forrest Yoga® Rosalie FITLAB		
7:00		FITLAB		FITLAB			
8:00						Spin Veronica	
9:00	Barre Katelyn	Power Yoga Katelyn	Boxing Manny	Core & Stretch Katelyn	Barre Kris	Hatha Yoga Beverly	
10:00	Core & Stretch Katelyn	Spin Katelyn FITLAB	Barre Katelyn	Power Yoga Katelyn FITLAB	Circuit Training Kris	Bootcamp	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
5:00	Hatha Yoga Beverly FITLAB	HIIT Alicia FITLAB	FITLAB	FITLAB	FITLAB		
6:00	STRONG® Lindsay FITLAB	Barre Kris FITLAB	Boxing Manny FITLAB	Rotating Class See Schedule or Ask Front Desk FITLAB	FITLAB		
7:00	FITLAB	Spin Katelyn FITLAB	Candlelight Power Yoga Katelyn FITLAB	Pound® Clare FITLAB			
8:00	FITLAB						

"LIKE" our Facebook page for the latest updates and class info.

Please contact our Group X Class Director Katelyn Page at katelyn@emeraldcityathletics.com with any questions, compliments, and ideas.