



EMERALD CITY ATHLETICS

New Schedule Starting
 12/1/2018
 14925 Chain Lake Rd. Monroe, WA
 (360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00						Yoga Sarah	
9:00 - 10:00	Fitlab* Trainer	Fitlab* Trainer ----- Yoga Sarah	Fitlab* Trainer	Fitlab* Trainer ----- Yoga Sarah	Fitlab* Trainer	MIXXED FIT Stephanie H.	
9:30 - 10:30			Yoga Sarah				
10:00 - 11:00	Senior Fit / Stretch Patti		Senior Fit / Stretch Patti		Senior Fit / Stretch Patti	BOOTCAMP Trainers	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00	Fitlab* Trainer		Fitlab* Trainer		Fitlab* Trainer		
5:00 - 6:00	Yoga Andy ----- Zumba® Leslie	Fitlab* Trainer ----- Barre Leigh Anne	Yoga Sarah	Fitlab* Trainer ----- Barre Leigh Anne			
6:00	Fitlab* Trainer ----- Circuit Stephanie	Mixed Fit Stephanie H.	Fitlab* Trainer ----- Zumba Leslie	Zumba® Leslie	Fitlab* Trainer ----- Mixed Fit Stephanie H.		
7:00		Fitlab* Trainer ----- Cycle Fit Kari	U Jam Uilani	Fitlab* Trainer ----- Cycle Fit 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 Leyah Nelson at Leyah@emeraldcityathletics.com