



# EMERALD CITY ATHLETICS

Effective starting:

**1/1/2019**

3924 Stone Way N.  
Seattle, WA 98103  
(206) 557-4909

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	<b>Vinyasa Yoga</b> Heather FITLAB	<b>Spin</b> Veronica FITLAB	<b>Vinyasa Yoga</b> Heather FITLAB	<b>Spin</b> Veronica FITLAB	<b>Forrest Yoga®</b> Rosalie FITLAB		
7:00		FITLAB		FITLAB			
8:00						<b>Spin</b> Veronica	
9:00	<b>Barre</b> Katelyn	<b>Power Yoga</b> Katelyn	<b>Circuit Training</b> Kris	<b>Core &amp; Stretch</b> Katelyn	<b>Barre</b> Kris	<b>Hatha Yoga</b> Beverly	
10:00	<b>Core &amp; Stretch</b> Katelyn	<b>Spin</b> Katelyn FITLAB	<b>Barre</b> Katelyn	<b>Power Yoga</b> Katelyn FITLAB	<b>Circuit Training</b> Kris	<b>Bootcamp</b>	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
5:00	<b>Hatha Yoga</b> Beverly FITLAB	<b>HIIT</b> Alicia FITLAB	FITLAB	FITLAB	FITLAB		
6:00	<b>OULA® Dance Fitness</b> Emily FITLAB	<b>Barre</b> Kris FITLAB	<b>Boxing</b> Manny FITLAB	<b>Rotating Class</b> See Schedule FITLAB	FITLAB		
7:00	FITLAB	<b>Spin</b> Morgan FITLAB	<b>Candlelight Power Yoga</b> Katelyn FITLAB	<b>Pound®</b> 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](mailto:katelyn@emeraldcityathletics.com) with any question and ideas.

## CLASS DESCRIPTIONS

### **BARRE**

Barre is a fusion of yoga, Pilates, strength training, and ballet. A full-body, low-impact workout that uses isometric movements to target specific muscle groups. Barre will help improve your posture, strength, balance, and flexibility. Barefoot class.

### **HIIT**

High-intensity interval training, uses the technique of quick, intense bursts of exercise followed by recovery periods. HIIT will keep your heart rate up to burn more fat in less time and increase your metabolism.

### **VINYASA YOGA**

Each movement is coordinated to the breath in a sequence of poses. Vinyasa is a fluid approach to yoga with smooth transitions and intentional breathing. A more dynamic practice, this practice will be most enjoyed by athletes and runners because of the continuous movements. Barefoot class.

### **BOXING**

Learn boxing fundamentals with technique-based drills and cardio-conditioning while toning your entire body. Each class provides the foundation of footwork training, cardio and strength circuit training, and accurate form and technique that will keep them mentally and physically sharp.

### **POUND®**

Full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

### **OULA® DANCE FITNESS**

OULA Fitness combines a mind-body practice with carefree a living room dance party. High-energy dance workout, free of judgement, and designed to make to sweat and smile. We encourage you to listen to how your body feels and modify the movements so that they are fun and enjoyable while you're doing them.

### **CORE AND STRETCH**

Following the techniques of HIIT, Core and Stretch applies the interval training method to core exercises, following each one with a short recovery. Each class will target all areas of the core and stretch the areas most athletes find need more flexibility.

### **POWER YOGA**

Focused on the flow between postures, Power Yoga follows the breath but with an emphasis on strengthening and toning the bigger muscles of the body. Each class will challenge your balance and build the stabilizing muscles of the core. Barefoot class

### **FORREST® YOGA**

This a unique Hatha style yoga, with each pose safely tailored to work best for the students. A powerful healing practice that requires a willingness to feel authentically and respond honestly. Each class is intelligently sequenced around the theme for that day and all levels welcome! Barefoot class.

### **HATHA YOGA**

Best for beginners, Hatha is a gentle introduction to basic yoga postures. Enjoy this slower moving yoga class as you begin to relax into postures creating a muscle memory of the basics. You will leave a class feeling longer, looser, and more relaxed. Barefoot class.

### **SPIN**

Indoor cycling uses the techniques of HIIT with varying intensity to build endurance, strength, cardio-conditioning. Spin is a high-energy class to torch calories changing up the pedal speed, resistance, and body positions to imitate climbing hills, doing sprints, or coasting. Please arrive early to set up your bike.

### **CIRCUIT TRAINING**

Targets strength building and muscular endurance through body conditioning, endurance training, and resistance training. A "circuit" of short exercises completed in a certain order, repeating the same set once completed, or continuing onto a new circuit.

# GROUP X

## THURSDAY 6PM CLASS SCHEDULE

DATE	CLASS	INSTRUCTOR
1/3	Oula Dance Cardio Class	Emily
1/10	Self Defense Class	Nicole
1/17	Candlelight Restorative Yoga	Anne
1/24	'90s Barre	Lindsay
2/7	Partner/Acro Yoga	Anne