



GROUP FITNESS SCHEDULE

Effective: 01/15/2019

<u>TIME</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
9:00 AM	Yoga w/Ayla	Low Impact Fitness w/Rosa	Yoga w/ Jim	BUTI® Yoga w/Ayla	Yoga w/Alla ----- Low Impact fitness w/Rosa	Zumba® w/Debbie & Yuko	
10:00 AM	Zumba® w/Rlynn	BUTI Yoga w/Ayla	Zumba® w/Rlynn		Zumba® w/Rlynn	BOOTCAMP w/trainers	
11:00 AM							BOOTCAMP w/trainers
5:00 PM		Zumba® w/Mei		Zumba® w/Mei			
6:00 PM	Yoga w/Erin	Cardio Core w/Yousef		Core® Zumba w/Rosa			
7:00 PM	Zumba w/Christine	STRONG® Zumba w/HeeSun	Zumba w/Christine	Zumba® w/Debbie & Yuko			

Yoga Classes are held in the upper Studio. All other classes are held in the lower Studio.

Questions/Comments/Concerns? Please email Ayla: ayla@emeraldcityathletics.com

Class Descriptions:

STRONG® Zumba is a high intensity Zumba class that incorporates strength training and interval training.

STRONG by Zumba®: Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

Mixed Fit®: A people-inspired fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.

BUTI Yoga®: A soulful blend of power yoga, cardio-intensive tribal dance, conditioning and deep abdominal toning. This all-in-one workout tones + sculpts the entire body while facilitating complete inner transformation.

Yoga: A Vinyasa class great for all levels. Expect to move with your breath and focus your attention; this well balanced flow class will get you out of your head and into your body and your breath; modifications always welcome.

Zumba®: A workout that combines dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.