



3/1/19
 3924 Stone Way N.
 Seattle, WA 98103
 (206) 557-4909

GROUP X


	MON	TUES	WED	THUR	FRI	SAT	SUN
6 AM	VINYASA YOGA	SPIN	NEW BARRE	SPIN	FORREST YOGA		
7 AM			NEW WEEKDAY WARRIOR				
8 AM						SPIN	
9 AM	BARRE	POWER YOGA	CIRCUIT TRAINING	CORE & STRETCH	BARRE	HATHA YOGA	
10 AM	CORE & STRETCH		NEW SPIN		CIRCUIT TRAINING	BOOTCAMP	
12 PM							NEW BOOTCAMP
5 PM	HATHA YOGA	HIIT					
6 PM	OULA DANCE	BARRE	BOXING	ROTATING CLASS SEE SCHEDULE			
7 PM	NEW RELEASE & RESTORE	SPIN	CANDLELIGHT POWER YOGA	NEW CIRCUIT TRAINING			

"LIKE" our Facebook page for the latest updates and class info · Questions & Ideas? Contact our Group X Class Director Katelyn Page at katelyn@emeraldcityathletics.com



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FITLAB

	MON	TUES	WED	THUR	FRI	SAT	SUN
6 AM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
7 AM		FITLAB		FITLAB			
8 AM							
9 AM							
10 AM		FITLAB		FITLAB		BOOTCAMP	
12 PM							 BOOTCAMP
4 PM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
5 PM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB		
6 PM	FITLAB	FITLAB	FITLAB	FITLAB			
7 PM	FITLAB	FITLAB	FITLAB	FITLAB			
8 PM	FITLAB						

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GROUP X THURSDAY ROTATING CLASS SCHEDULE

DATE	CLASS	INSTRUCTOR
FEB 28	Totally 80s Tabata	Kris
MAR 7	Self Defense Class	Clare
MAR 14	POP Pilates	Greta
MAR 21	Beginner Barre Foundations	Kris
MAR 28	Cardio Vinyasa Fusion	Heather
APR 4	Beyoncé vs. Riri Spin	Morgan
APR 11	90s Zumba	Lindsay
APR 18	High Fitness	Allison
APR 23	Acro & Partner Yoga	Katelyn + Brooks

CLASS DESCRIPTIONS

BARRE • A fusion of yoga, pilates, strength training, and ballet. This full-body, low-impact workout uses isometric movements to target specific muscle groups. Improve your posture, strength, balance, and flexibility. Barefoot class.

BOOTCAMP • Improve your cardiovascular strength and endurance with this total-body, military-style workout packed with high intensity moves targeting every muscle group.

BOXING • Learn boxing fundamentals with technique-based drills and cardio-conditioning while toning your entire body. Each class provides foundational footwork training, cardio and strength circuit training to keep you mentally and physically sharp.

CIRCUIT TRAINING • A “circuit” of short exercises completed in a certain order, repeating the same set once completed, or continuing onto a new circuit building body conditioning, endurance training, and resistance training.

CORE AND STRETCH • Core-centered workout. Each ab exercises ends with a short recovery. Target all areas of the core and stretch the areas most athletes find need more flexibility. Prepare for a killer core workout and a good stretch session.

FORREST® YOGA • Designed to specifically heal and strengthen the modern body. This yoga class places a strong emphasis on deep breathing, core connection, and overcoming stiffness or pain in the body.

HATHA YOGA • Hatha is a gentle introduction to basic yoga postures. Enjoy this slower moving yoga class as you relax into postures and create a muscle memory of the basics. Leave feeling longer, looser, and more relaxed. Barefoot class.

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

POWER VINYASA YOGA • Focused on the flow between postures, Power Yoga strengthens and tones the bigger muscles of the body. Challenge your balance and build the stabilizing muscles of the core. Barefoot class

SPIN • Torch calories with high-energy indoor cycling. Use the pedal speed, resistance, and body positions to imitate climbing hills, sprints, or coasting. Arrive early to set up your bike.

OULA® DANCE • High-energy dance workout, free of judgement, and designed to make to sweat and smile. Emphasizing fun and all about empowerment, shake your bon bons and burn some calories

RELEASE & RESTORE • Half restorative yoga and half myofascial release. Erase pain, improve posture, and enhance performance with a variety of self-massage techniques using Yoga Tune Up® therapy balls. Barefoot class.

VINYASA YOGA • Movement is coordinated to the breath in a sequence of poses. A more fluid approach to yoga with smooth transitions and intentional breathing. This practice will be most enjoyed by athletes and runners because of the continuous movements. Barefoot class.

WEEKDAY WARRIOR • A total-body, aerobic and strength conditioning workout. This interval-based class combines Circuit Training with full-body strength training and high intensity cardio bursts. Strengthen your body and improve your endurance.