



# EMERALD CITY ATHLETICS

\*New Schedule Starting\*  
 2/4/2019  
 14925 Chain Lake Rd. Monroe, WA  
 (360) 794-9988

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00							Yoga Chelsea - starts Feb. 10
9:00 - 10:00	Fitlab* Trainer  MFR Yin Yoga Andrea	Fitlab* Trainer  Yoga Rachell - starts Feb. 5	Fitlab* Trainer  Fusion Yoga Andrea	Fitlab* Trainer  Slow Flow Yoga Andrea - starts Feb. 14	Fitlab* Trainer	MIXXED FIT Stephanie H.	
10:00 - 11:00	Senior Fit / Stretch Drake  Pilates Rachel - starts Feb. 4	Pilates Rachel - starts Feb. 4	Senior Fit / Stretch Drake  Pilates Rachel - starts Feb. 4		Senior Fit / Stretch Drake	BOOTCAMP Trainers	
						Yoga Chelsea - starts Feb. 9	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00	Fitlab* Trainer		Fitlab* Trainer		Fitlab* Trainer		
5:00 - 6:00	Zumba® Leslie	Fitlab* Trainer  Barre Leigh Anne	Yoga Chelsea - starts Feb. 6	Fitlab* Trainer  Barre Leigh Anne			
6:00	Fitlab* Trainer  Circuit Stephanie	Mixed Fit Stephanie H.	Fitlab* Trainer  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