



# EMERALD CITY ATHLETICS

Effective starting:

**2/1/2019**

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>	
12:00							<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	<b>Release &amp; Restore</b> Katrina FITLAB	<b>Spin</b> Morgan FITLAB	<b>Candlelight Power Yoga</b> Katelyn FITLAB	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.

### 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.

### 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

Work your core with sixty second ab exercises followed with a short recovery. Each class will target all areas of the core and then stretch the areas most athletes find need more flexibility. Prepare for a killer core workout and a good stretch session.

### 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

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

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.

# GROUP X

## THURSDAY 6PM CLASS SCHEDULE

DATE	CLASS	INSTRUCTOR
1/24	90s Barre	Lindsay
1/31	OULA Power	Sara
2/7	Partner/Acro Yoga	Katelyn
2/14	Body Positive Barre	Kris
2/21	Yin Yoga	Alex
2/28	Totally 80s Tabata	Kris
3/7	Self Defense Class	Clare
3/14	POP Pilates	Greta
3/21	Beginner Barre Foundations	Kris
3/28	Cardio Vinyasa Fusion	Heather