



EMERALD CITY ATHLETICS

# Group Fitness Schedule

Effective: 03/01/2019

<u>TIME</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<b>9:00 am</b>	Aqua Fit w/Melodie ----- Yoga w/ Ayla	Low Impact Fitness w/ Rosa	Yoga w/ Jim		Yoga w/ Alla ----- Low impact fitness w/ Rosa	Zumba® w/ Debbie&Yuko	
<b>10:00 am</b>	Zumba® w/ Rlynn	BUTI® Yoga w/ Ayla	Zumba® w/ Rlynn	BUTI® Yoga w/ Ayla	Zumba® w/ Rlynn	Bootcamp w/ Personal Trainers	
<b>11:00 am</b>							Bootcamp w/ Personal Trainers
<b>5:00 pm</b>		Zumba® w/ Mei		Zumba® w/ Mei			
<b>6:00 pm</b>	Yoga w/ Erin	Cardio Core w/ Yousef	Yoga w/ Erin	Zumba Toning® w/Rosa			
<b>7:00 pm</b>	Zumba w/ Christine	STRONG® Zumba w/ HeeSun	Zumba® w/ Christine	Zumba® w/ Debbie&Yuko			

Yoga classes are held in the upper studio, Aqua in the pool, All other classes are held in the lower studio  
 Questions/Comments/Concerns? Contact [Ayla@emeraldcityathletics.com](mailto:Ayla@emeraldcityathletics.com)

# Class Descriptions

**BUTI Yoga®**: Utilizes spiral structure technique® to facilitate the release & toning of the body-physical, emotional and energetic. Through primal movement, dynamic asana and cardio sprints, students break down the emotional barriers that hold them back from achieving self-love and true human connection.

**Aqua Fit**: A low-impact full-body strength and conditioning workout all in one.

**Low Impact Fitness**: A gentle full-body strengthening workout that begins with a warm up, strength building movement and finishes with a gradual cool-down.

**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.

**Zumba® Toning**: Those who want to party, but put extra emphasis on **toning** and sculpting to define those muscles! The challenge of adding resistance by using **Zumba® ToningSticks** (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

**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.