



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
9:00 - 10:00	Fitlab* Trainer ----- MFR Yin Andrea	Fitlab* Trainer ----- Yoga Rachell	Fitlab* Trainer ----- Fusion Yoga Andrea	Fitlab* Trainer ----- Slow Flow Yoga Andrea	Fitlab* Trainer		
10:00 - 11:00	Senior Fit / Stretch Drake ----- Pilates Rachel	Pilates Rachel	Senior Fit / Stretch Drake ----- Pilates Rachel		Senior Fit / Stretch Drake	BOOTCAMP Trainers	
						Yoga Chelsea	
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 5:00	Fitlab* Trainer		Fitlab* Trainer		Fitlab* Trainer		
5:30 - 6:00	Core Blast Jhalen						
5:00 - 6:00	Zumba® Leslie	Fitlab* Trainer ----- Barre Leigh Anne	Yoga Chelsea	Fitlab* Trainer ----- Barre Leigh Anne			
6:00	Fitlab* Trainer -----		Fitlab* Trainer ----- Zumba Leslie	Pilates Rachel			
7:00		Fitlab* Trainer ----- Fit Kari Cycle	U Jam Uilani	Fitlab* Trainer ----- Fit Cycle 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