



FITLAB

MAY

5/1/19

10110 Evergreen Way
Everett, WA 98204
425 347 5000

MON

TUES

WED

THUR

FRI

6 AM

FITLAB
CORE
DANIELA

FITLAB
CONDITIONING
DANIELA

9 AM

FITLAB
LOWERBODY
RYAN

FITLAB
CORE
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
CONDITIONING
RYAN

FITLAB
TOTALBODY
RYAN

4 PM

FITLAB
LOWER BODY
DAVONN

FITLAB
CORE
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
CONDITIONING
DAVONN

5 PM

FITLAB
LOWER BODY
RYAN

FITLAB
UPPERBODY
DANNY

FITLAB
TOTALBODY
ANTHONY

6 PM

FITLAB
LOWER BODY
DAVONN

FITLAB
CORE
DANIELA

FITLAB
UPPERBODY
KATRINA

FITLAB
CONDITIONING
DAVONN

7 PM

FITLAB
CORE
DANIELA

FITLAB
CONDITIONING
DANIELA

*FITLAB is included in Fitlab membership

Like our Facebook page for updates and announcements · Questions? Please email Cassie Kline at Cassie@emeraldcityathletics.com



GROUPX

JUNE
6/1/19
10110 Evergreen Way
Everett WA 98204
425 347 5000

MON

TUES

WED

THUR

FRI

SAT

SUN

6 AM

SPIN
MELODIE

SPIN
MELODIE

SPIN
MELODIE

9 AM

POWER
YOGA
MELODIE

LOW IMPACT
FITNESS
ROSA

YIN
YANG
YOGA
JIM

CIRCUIT
TRAINING
KATRINA

ZUMBA
GOLD
ROSA

VINYASA
YOGA
SAMANTHA

ZUMBA
DEBBIE

10 AM

ZUMBA
RLYNN

CIRCUIT
TRAINING
ROSA

POWER
YOGA
SAMANTHA

ZUMBA
RLYNN

BUTTS
&GUTS
KATRINA

BUTI YOGA
SCOTTY

ZUMBA
RLYNN

BOOTCAMP

11 AM

BOOTCAMP

5 PM

MIXXEDFIT
STEPH

ZUMBA
MEI

ZUMBA
MEI

6 PM

CIRCUIT
TRAINING
STEPH

CARDIO
CORE
KATRINA

ZUMBA
CHRISTINE

CIRCUIT
TRAINING
HEESUN

7 PM

ZUMBA
CHRISTINE

ZUMBA
STRONG
HEESUN

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.

BUTI YOGA® · Buti Yoga is a blend of power yoga, cardio intensive tribal dance, HIIT, conditioning, and deep abdominal toning. Each class provides a Kundalini activating warm-up, heart-pounding tribal dance and hip shaking goodness, and deep yoga stretches throughout.

BUTTS AND GUTS · This class combines intense ab work with glute isolation exercises to strengthen the glute and core muscles.

CARDIO CORE · Target your core muscles and strengthen your heart with this class. Cardio exercises will strengthen your lungs and cardiovascular muscles as well as help to lose weight. While working out the core and focusing on strengthening your abdominal muscles.

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.

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.

LOW IMPACT FITNESS · Emphasis on cardio, toning, stretching, and strength training using muscle isolation techniques. For all levels of fitness.

MIXXED FIT® · People-inspired fitness program that combines explosive dance movements with bodyweight toning.

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

STRONG BY ZUMBA® · High-Intensity cardio program with a focus on bodyweight, muscle conditioning and plyometric exercises. **HIIT** is a great workout that allows you to burn more calories and push your heart rate more than you would with steady-state exercises.

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.

YIN YANG YOGA · Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

ZUMBA® · A fusion of Latin and International music-dance routines that feature interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

ZUMBA GOLD® · Zumba class that recreates the original moves at a lower intensity. Easy-to-follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.