



GROUP X

MAY
5/1/19

14925 Chain Lake Rd.
Monroe WA 98272
360 794 9988

MON

TUES

WED

THUR

FRI

SAT

SUN

8AM

HATHA
YOGA
CHELSIE

9 AM

MYOFASCIAL
RELEASE
ANDREA

HATHA
YOGA
RACHELL

YOGA
FUSION
ANDREA

SLOW
FLOW
YOGA
ANDREA

10 AM

PILATES
RACHEL
LOW IMPACT
FITNESS

PILATES
RACHEL

PILATES
RACHEL
LOW IMPACT
FITNESS

LOW
IMPACT
FITNESS

BOOTCAMP

11 AM

HATHA
YOGA
CHELSIE

5 PM

ZUMBA
LESLIE
COREBLAST
5:30-6P

BARRE
LEIGH ANNE

HATHA
YOGA
CHELSIE

BARRE
LEIGH ANNE

COREBLAST
JHALEN
5-5:30P

6 PM

ZUMBA
LESLIE

PILATES
RACHEL

7 PM

SPIN
KARI

U JAM
UILANI

SPIN
KARI

Studio Guide: **Group X Studio** • Fitlab Studio

Like our Facebook page & download the ECA App for updates and announcements • Questions? Contact our Class Director Katelyn Page at Katelyn@EmeraldCityAthletics.com



FITLAB

MAY
5/1/19

14925 Chain Lake Rd
Monroe WA 98272
360 794 9988

	MON	TUES	WED	THUR	FRI	SAT
9 AM	FITLAB	FITLAB	FITLAB	FITLAB	FITLAB	
10 AM	LOW IMPACT FITNESS		LOW IMPACT FITNESS		LOW IMPACT FITNESS	BOOTCAMP
4 PM	FITLAB		FITLAB		FITLAB	
5 PM	CORE BLAST 5:30-6P	FITLAB		FITLAB	CORE BLAST 5-5:30P	
6 PM	FITLAB		FITLAB		FITLAB	
7 PM		FITLAB		FITLAB		

**FITLAB" Classes are part of the SG & Champion Membership Only

Like our Facebook page for updates and announcements · Questions/Comments/Concerns please e-mail Leyah Nelson at Leyah@emeraldcityathletics.com