



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 5-5:30P	FITLAB		FITLAB	CORE BLAST 5-5:30P	
6 PM	FITLAB		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



GROUP X

JUNE
6/1/19

14925 Chain Lake Rd.
Monroe WA 98272
360 794 9988

MON

TUES

WED

THUR

FRI

SAT

SUN

8AM

HATHA
YOGA
CHELSIE

9AM

MYOFASCIAL
RELEASE
ANDREA

ZUMBA
GOLD
KAY

YOGA
FUSION
ANDREA

ZUMBA
GOLD
KAY

HATHA
YOGA
CHELSIE

10AM

LOW
IMPACT
FITNESS

HIIT
RACHELL

LOW
IMPACT
FITNESS

PILATES
RACHEL

LOW
IMPACT
FITNESS

BOOTCAMP

11AM

5PM

ZUMBA
LESLIE

BARRE
LEIGH ANNE

ZUMBA
LEIGH ANNE

COREBLAST
JHALEN
5P-5:30P

COREBLAST
JHALEN
5P-5:30P

6PM

POWER
YOGA
LARISSA

ZUMBA
LESLIE

PILATES
RACHEL

ZUMBA
NANCY

7PM

CANDLELIGHT
YOGA
CHELSIE

SPIN
KARI

CANDLELIGHT
YOGA
CHELSIE

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

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.

FUSION YOGA · A combination of yoga styles wrapped up into one class. Choosing from Yin, Vinyasa, Hatha, Gentle, Ashtanga, Wheel, Chair, Piyo and many more. Each week is different. All levels welcome.

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. Barefoot class.

HIIT · High-intensity interval training, uses the technique of quick, intense bursts of exercise followed by short recovery periods. Keep your heart rate up to burn more fat in less time and increase your metabolism

MYOFASCIAL RELEASE · Sustained pressure to help release bound fascia. Helps with muscle pain, tightness, decreased range of motion, headaches, tendonitis, postural deviations and body imbalances. This technique can be uncomfortable in the process, but you will walk away feeling amazing like you just gave yourself a deep tissue massage.

PILATES · Head-to-toe workout. We start with free weights to build strength and used focused movement to challenge our balance and tone our legs. We work our arms, core, back, and legs with every move, making Pilates one of the most efficient workout techniques available.

PILATES-YOGA FUSION · A blend of yoga and Pilates movements that strengthens and stretches. It's nonstop movement with a cardiovascular portion that will make you drip sweat! If you are looking to tone your muscles and feel rejuvenated, this is the class for you.

SPIN · Torch calories with high-energy indoor cycling. Use the pedal speed, resistance, and body positions to imitate climbing hills, sprints, or coasting. Arrive early to set up your bike.

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.